

FOOD & MOOD

COACHING

STAFF RESOURCE - WORKSHOP FLOWS AND SCRIPTS

WORKSHOP (WEEK) 1 - Intro to Food & Mood

Key:

[Blue bold] = Notes to facilitator

Italics bold = Questions for facilitator to ask the room/group

Italics = Script to guide sessions

The room set up/environment

- A comfortable space for chatting and sharing
- Herbal teas

Resources:

- Week 1 workshop handouts
- Pens
- Printed PDF eJournal (one master copy to refer to throughout the workshops)
- Food Groups PDF
- Simple Swaps PDF
- Week 1 Nutrition Tasks
- Week 1 Meal Plan (print from MyFernwood)

Overview: Session duration - 1 hour - 1 hour 15 minutes.

- Welcome and intro - 7 minutes
- Icebreaker and group introductions - 25 minutes
- eJournal overview - 5 minutes
- SMART goal - 2 minutes
- Food & Mood mantras - 7 minutes
- Meal plans and nutrition tasks - 5 minutes
- Online content and additional resources - 1 minute
- Setting up for success - 7 minutes
- Session close - 1 minute

Session flow

NB the scripts are merely guides and do not need to be verbatim. Run the discussions and activities to suit your personality and style.

Welcome and introduction - 5 minutes

Welcome everyone to your food and mood program as part of your Shine Challenge. My name is/ we are and I/we are excited to have you here and can't wait to support you throughout the next 6 weeks.



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Very shortly we will get to know one another a little more and explore each other's program intention and goal but before we do, I/we would like to share a little overview of the Food & Mood Program. Food & Mood is a nutrition-focused program that aims to support you on your health and or weight management journey, with the added components of mindset, mindfulness and meditation. This program is designed for women who want healthy and sustainable results.

Founded on the principle that food affects your mood, and that your mood (inclusive of mindset, thoughts and feelings) impacts upon your experiences and outcomes, Food & Mood is a holistic program designed to set you up for success.

*Happiness, mood, mindset and emotions play a HUGE role in how successful we are at sticking to a healthy eating regime - **would you agree? [ASK THE ROOM]***

*Generally speaking, if I asked you all what foods are beneficial for health and weight management, most of us would know exactly what to eat and **so, what stops us, I wonder? Any thoughts on this? [ASK THE ROOM]***

Our thoughts, feelings, and behaviours strongly influence how successful we are at creating a lifestyle of healthy habits for long-term sustainable results.

Food & Mood is not a fad diet, instead it is a celebration of delicious foods that can support results without deprivation or starvation. Based on the Mediterranean way of eating, the meal plans and nutrition tasks focus on eating nutrient dense foods that balance blood sugar to support fat loss (if that's your goal) as well as support gut health and mood health.

And, so finally, perhaps you have joined Food and Mood to work on your relationship with food, or maybe you have a specific weight management goal, or simply have an interest and enthusiasm for health and wellbeing and you're looking to make positive changes in these areas of your life. Whatever your reason, welcome again. Let's get started!

Intros and icebreaker [ACTIVITY] - 25 minutes

[Split the participants into pairs and give clear instructions on what to do and the duration, including who goes first e.g., the person with the shortest hair goes first.]

You have 5 minutes in total for each person in the group to share as succinctly as possible:

- Your name
- What is your program intention/goal and why this is important to you?
- Your all-time favourite food

*Nominate one person from your group to introduce themselves and the members of your group to the rest of the room. Use the space on the handout to write notes if you like **[show the space on the workshop handout.]***

[Once everyone has shared, invite each person to introduce their partner and the information about them from the list above. At the end everyone in the group should have been introduced briefly.]



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Depending on your group size, you may want to modify how you do this icebreaker. If you have a large group (more than 20 people) and are short on time, divide the group into smaller groups of four and instruct them to do the same. Invite one member of each group of four to introduce the names of ladies in their group.]

The Food & Mood eJournal [OVERVIEW] - 5 minutes

So now we know a little more about each other and why you are all here, let's take a quick overview of your eJournal. This will be the cornerstone of your program, providing space for daily and weekly reflection and accountability.

[Walk the group through key pages of the journal. The expectation is that they use the journal daily for best results.]

We won't have time to go through every page now, so make sure you spend some time this week to familiarise yourself with:

- The pledge
- How to use this journal
- Pre-program activities
- Weekly OTAS and the Food and Mood log

Program goal [EDUCATION/DISCUSSION] - 2 minutes

In your pre-program activities you would have set a program intention for yourself – a short positive statement set in the future – essentially an overview statement of the outcome you desire. This week, you will use the activity in your journal to turn this intention into a SMART goal [EXPLAIN A SMART GOAL.]

Your goal is incredibly important and setting one is fundamental to your success. It will give you direction and purpose and keep you on track. You will do this in your own time if not done already.

[ASK THE GROUP] *Does anyone have any questions on the program intention or setting a SMART goal?*

Food & Mood mantra [DISCUSSION & ACTIVITY] - 5 minutes

[ASK THE GROUP] *Has anyone ever used mantras or affirmations before? If so when and how did you find them?*

*This week, one of your activities is to create a mantra specific to you and your program goal. A mantra or affirmation is a short positive statement set in the **present** tense. It states your desired goal or outcome as if it already 'is'. Mantras are powerful communicators to the unconscious mind, which plays a pivotal role in the success of any goal (more on this in week 3). The unconscious mind learns through repetition, which is why mantras are best recited and written daily.*

[INSTRUCT THE GROUP] *Take 5 minutes now to come up with your program mantra. Would anyone like to share their mantra? Go ahead!*



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Meal plans and nutrition tasks [OVERVIEW] – 5 minutes

Each week you have the option to follow a structured meal plan [hold up a printed screenshot/example] on MyFernwood under MyChallenges, or create your own by using the Nutrition Task List (for each week), Food Groups and Simple Swaps resources [Show these handouts to demonstrate.]

Each week, the Nutrition Task List will offer both compulsory and optional 'next level' tasks with an additional focus to layer on each week. For example, week 2 focuses on the importance of green vegetables, week 5 focuses on low glycaemic load carbs, but each meal plan from week 1-6 is founded on the following Mediterranean principles:

- High intake of green and rainbow foods
- Consumption of powerful protein (natural, non-processed animal and plant proteins)
- Consumption of low glycaemic load carbs
- Consumption of healthy and essential fats

A quick note on food planning and preparation: The meal plans have been constructed to make your life easy wherever possible however, on occasions there may be meals (especially lunches) that require a small amount of cooking (steaming broccoli or blanching beans for example) so always look ahead at the recipes for the week to plan your shopping list and preparation.

This week, as you start to use the food journal and become familiar with the Food Groups and Simple Swaps tables, be mindful of your usual food consumption habits and where you already notice changes are being made. The Food Groups and Simple Swaps resources are full of program friendly ingredients and begin your transition into the Food & Mood program.

Online content and additional resources [OVERVIEW/INSTRUCTION] – 1 minute

There is a lot of supporting information provided online! Written content, videos, downloadable resources and meditations. Please ensure you have read the welcome page, FAQs, pre-program activities and setting yourself up for success pages online, **especially community, non-judgement and compassion and meditation sections.**

Setting yourself up for success [DISCUSSION/ACTIVITY] – 10 minutes

Wow, that's more than enough information for your first week. Take some time this week, re-read any welcome content and the start of your journal. Before we finish, I would like to draw your attention particularly to the online page for the program called 'Setting yourself up for success'. **Please make sure you have a read of that section if you haven't already. I want to highlight two key success steps now.**

The first is community, non-judgement and compassion.

[If time permits, ASK THE GROUP] How do you think these words apply to the Food & Mood journey for you and others?

[Invite contributions from the group and then summarise with the following:]



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- *This is a supportive group, committed to accountability with nonjudgement and compassion. Avoid comparing yourself to others. Find thoughts and words of support and empathy, especially towards yourself.*
- *Everyone is here in the program for different reasons with different goals – ‘stay in your own lane’.*
- *Be compassionate towards yourself and others. You will have good days, mediocre days and even challenging days that would test your commitment to yourself and your goal. This is normal. Respect yourself and the process.*

The second is meditations for success.

Throughout each week of your Food & Mood program, we have created space for mindful moments using meditation. Meditation and mindfulness practices help with self-awareness and self-reflection, non-judgement, compassion, stress management and much more. Meditation supports physical and mental relaxation, helps with focus and attention, as well as helps the conscious and unconscious mind in mindset and behaviour changes that play a large part in achieving weight management and health goals.

[ASK THE GROUP] *Is anyone here new to meditation?*

It might be comforting to know that there is no judgement or expectation when it comes to meditation and no right or wrong way to meditate. Everyone practices meditation differently and experiences varied benefits.

Meditation is about directing the mind to a point of focus instead of simply clearing it. Meditations may be guided or self-directed and can be as simple as focusing on one's pace or rhythm of breath, or on a specific topic for reflection.

You can also watch the ‘Setting up for meditation video’ on the Setting up for success page of the online content.

From next week onwards we will spend 5 minutes at the start or end of the workshop in a mindful moment to quiet the mind, reflect and focus inward to support our progress and success.

[Be sure to use the meditation recordings each week]

Session close – 1 minute

Any questions?

Thanks everyone and congratulations on making a positive start. Have a great week, see you next in the workshop, if not before!



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WORKSHOP (WEEK) 2 - Nourish your body

Key:

[Blue bold] = Notes to facilitator

Italics bold = Questions for facilitator to ask the room/group

Italics = Script to guide sessions

The room set up/environment

- A comfortable space for chatting and sharing
- Herbal teas

Resources:

- Week 2 workshop handouts
- Pens
- Printed PDF eJournal (one master copy to refer to throughout the workshops)
- Gut Health PDF
- Week 2 Nutrition Tasks
- Week 2 Meal Plan (print from MyFernwood)
- Bluetooth speaker/boom box to play the meditation

Overview: Session duration - 1 hour

- Welcome and review of last week's activities and questions – 5-10 minutes
- Potential barriers activity – 15 minutes
- 'Food is information' and gut health – 10 minutes
- Meal plans and nutrition tasks – 5 minutes
- Goal visualisation meditation – 10 minutes
- Session close – 1 minute

Session flow

NB the scripts are merely guides and do not need to be verbatim. Run the discussions and activities to suit your personality and style.

Welcome and review of week 1 **[DISCUSSION]** – 10 minutes

Welcome to week 2! Today we will explore the topic, nourish your body, focusing specifically on the concept of 'food is information' and the importance of gut health in the support of weight management and mood health. Before we jump into this week's topics, [ASK THE GROUP] does anyone want to share how they got on in week 1 or have any questions? [Encourage discussion and support/contributions from the group.]



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Potential barriers [ACTIVITY] – 10 minutes

[Refer to the potential barriers activity in week 2 of the journal] One of your journal activities last week was to identify any potential barriers to you achieving your SMART goal. It's important to have a mindful plan for overcoming barriers if they arise over the coming weeks.

Barriers can come in all guises and sizes! Thoughts, internal negative self-talk, time, cravings, motivation, and temptation, to name a few.

[Clearly instruct the group] In pairs, take 5 minutes each to share at least one barrier or potential barrier you have identified and then share how you plan to overcome it if it does arise. You may wish to offer support or advise your partner if they get stuck.

[Once the 5 minutes each is up, ask the group if anyone would be comfortable to share their barrier and plan to overcome it.]

Food is information and gut health [EDUCATION/DISCUSSION] – 10 minutes

The theme of this week 'nourish your body' encompasses the concept that food is more than just its calorific value; it contains information by way of nutrients to support our mind and body to be healthy and balanced. We need nutrition to support fat loss (if that's your goal) as well as nutrients to help us cleanse, heal and adapt to exercise.

For a long time, weight management programs have qualified food purely from a calorie perspective, which can be limiting to long-term sustainable results. Though calories are important when all other things are equal; 'calories in vs calories out' is an effective weight loss strategy. But in our modern worlds, there are many other things influencing our health and body composition such as stress, hormones, environmental pollutants and gut (microbiome) health. These, to name a few, may have an impact on our metabolism. Foods that are nutrient rich, especially plantbased foods, support balance within the body supporting sustainable results.

One example of where food provides powerful information for health and weight management is its effect on our gut health and in particular, the microbiome.

[ASK THE GROUP] Has anyone heard of the microbiome or know what it is?

[SUMMARISE WITH THE FOLLOWING]

The microbiome refers to the trillions of bugs (bacteria and yeast mainly) that live in us and on us, predominantly in the gut. A healthy microbiome has more 'good' (beneficial) than 'bad' bacteria. The microbiome is very sensitive to poor food choices, stress, toxicity and other environmental factors and so the balance can tip into a dysbiosis (more bad microbes than good) fairly easily. This can have a negative impact not just on gut health, but the health of the whole body. The 'wrong' balance of gut bacteria has also been shown to influence weight gain.

[ASK THE GROUP] Can anyone recall the kinds of foods that help support a balanced microbiome?



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[The answers include]

Prebiotic and pro biotic foods. Prebiotics are essentially foods that good bacteria love and thrive on – such as high fibre fruits, vegetables and legumes.

Probiotics are foods that contain beneficial bacteria in and on the food that then proliferate the gut when eaten such as yogurt and fermented foods. You can also take probiotic supplements and it's best to speak to your healthcare provider or health food store for recommendations.

[Show the Gut Health resource] *You can also download and refer to the 'Gut Health' additional resource from the online content for week 2.*

Meal plans & nutrition tasks - [OVERVIEW] - 5 minutes

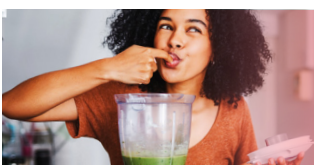
- **[Show a copy of the Meal Plan and Nutrition Task List resources for this week and remind the group of the option to follow the plan or make their own using the Nutrition Task List, Food Groups and Simple Swaps resources.**
- **Highlight the introduction of 'anything goes' meals from this week on**
- **Go through any questions]**

Goal visualisation meditation recording [ACTIVITY] - 10 minutes

- **[Invite everyone to find a comfortable position for the guided meditation to close the session.**
- **They can sit either in the chair or on the floor, or may wish to lay down if they have space.**
- **Dim the lights if you can**
- **Play the Goal Visualisation Meditation (from the online content and challenge resources on the intranet) and invite the group to participate together to mindfully reconnect to their program goal.**
- **Once finished, remind them to take their time coming out of the meditation.**
- **Invite them to repeat this meditation every day throughout the next week]**

Session close - 1 minute

Any questions? Thank you for coming. Have a great week, see you next workshop, if not before!



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WORKSHOP (WEEK) 3 - Nourish your mind

Key:

[Blue bold] = Notes to facilitator

Italics bold = Questions for facilitator to ask the room/group

Italics = Script to guide sessions

The room set up/environment

- A comfortable space for chatting and sharing
- Herbal teas

Resources:

- Week 3 workshop handouts
- Pens
- Printed PDF eJournal (one master copy to refer to throughout the workshops)
- Rainbow Foods
- TFAB Model recording ready to play
- Week 3 Nutrition Tasks
- Week 3 Meal Plan (print from MyFernwood)
- Bluetooth speaker/boom box to play the TFAB Model recording and then the meditation

Overview: Session duration - 1 hour

- Welcome and review of last week's activities and questions – 10 minutes
- Do you believe you can achieve – 20 minutes
- Mindset – TFAB Model – 10 minutes
- Meal plans and nutrition tasks – 5 minutes
- Success mantra meditation – 10 minutes
- Session close – 1 minute

Session flow

NB the scripts are merely guides and do not need to be verbatim. Run the discussions and activities to suit your personality and style.

Welcome and review of week 2 **[DISCUSSION]** – 10 minutes

Welcome everyone to week three!

You have surely heard the saying 'you are what you eat', but of course the Food & Mood program is not just about what you eat, it's also about what you think and how thoughts, feelings and mindset have a powerful influence on your results. How we think and feel about ourselves affects the choices that we make and the actions that we take on a daily basis. As do the underlying beliefs that we hold in our unconscious mind that underpin these thoughts, feelings and actions.



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In the journal this week, you are asked to explore your relationship with food and whether you perceive it as friend or foe. This will give you some insight into your beliefs around food.

If you have had challenges with food in the past it's understandable that you may view it as foe, something that can work against you and not for you.

Perceiving food as information, a concept that we discussed last week, helps to switch the mindset that 'food is the enemy', which is a belief that many women hold around food. Food is information and when you give your cells the right messages, you help to support an internal environment for health and optimal weight management.

Before we dive into this week's activities, let's take a recap of last week.

[ASK THE GROUP] does anyone want to share how they got on in week 2 or have any questions?
[Encourage discussion and support/contributions from the group]

Do you believe you can achieve? [ACTIVITY / DISCUSSION]

*By now you will have a clear vision or picture in your mind as to what you want to achieve over the coming 6 weeks and beyond. I'm curious: **[ASK THE GROUP] Do you believe you can achieve?***

[Clearly instruct the group] *In pairs, discuss your answers to the following questions:*

- Do you wholeheartedly believe that you can achieve your food and mood goal?
- Why or why not? Just listen to yourself and observe your answers – there are no right or wrongs. **You have 5 minutes each to share**

[ASK THE GROUP] If you don't believe you can achieve, does that increase or decrease the likelihood of success? Why? Why not? [Encourage discussion]

[SUMMARISE] *Our beliefs are powerful. They underpin how we think and feel and in turn the actions that we take, the choices that we make and the experiences/outcomes we create. This goes for anything in life, but especially goals around health and weight management.*

Mindset and TFAB Model [EDUCATION/DISCUSSION] – 10 minutes

We are going to explore this further now, listening to a short piece on the TFAB Model. This is something we dive deeper into in the Fernwood Empower Program. But for now, let's take a listen to this.

[Using the speaker, play the audio on the TFAB Model (under staff resources on the intranet). This runs for around 7 minutes]

[Once the recording finishes, summarise with the following]:

Hopefully this leaves you with something to ponder. You don't need to have the answers right now. But a question to go away with is:

*Based on the goal that you have set yourself, what do you need to **BELIEVE** in order for this outcome to become a reality? What **THOUGHTS** and **FEELINGS** will serve you in achieving this goal? And finally, what **ACTIONS** do you need to take in order make this outcome a reality?*



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[Below is an example on how this model might play out for someone with the belief “I can’t lose weight” for your reference]



Meal plans & nutrition tasks – [OVERVIEW] – 5 minutes

- [Show a copy of the Meal Plan and Nutrition Task List resources for this week and remind the group of the option to follow the plan or make their own using the Nutrition Task List, Food Groups and Simple Swaps resources.
- Go through any questions]

Success mantra meditation recording [ACTIVITY] – 10 minutes

- [Invite everyone to find a comfortable position for the guided meditation to close the session
- They can sit either in the chair or on the floor, or may wish to lay down if they have space
- Dim the lights if you can
- Play the Success Mantra Meditation (from the online content and challenge resources on the intranet) and invite the group to participate together to mindfully reconnect with their Food & Mood mantra
- Once finished, remind them to take their time coming out of the meditation
- Invite them to repeat this meditation every day throughout the next week.]

Session close – 1 minute *Any questions?*

Thank you for coming. Have a great week, see you next workshop, if not before!



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WORKSHOP (WEEK) 4 – Mindfulness & Mindful Eating

Key:

[Blue bold] = Notes to facilitator

Italics bold = Questions for facilitator to ask the room/group

Italics = Script to guide sessions

The room set up/environment

- A comfortable space for chatting and sharing
- Herbal teas

Resources:

- Week 4 workshop handouts
- Pens
- Printed PDF eJournal (one master copy to refer to throughout the workshops)
- Portion Sizing PDF
- Food Labels PDF
- Week 4 Nutrition Tasks
- Week 4 Meal Plan (print from MyFernwood)
- A block of dark 70% organic chocolate, enough for one square per person or small individually wrapped dark chocolates

Overview: Session duration - 1 hour

- Welcome and review of last week's activities and questions – 10 minutes
- Mindfulness and mindful eating – 10 minutes
- Emotional eating vs physical hunger – 15 minutes
- Portion sizing and interpreting food labels – 2 minutes
- Meal plans and nutrition tasks – 5 minutes
- Chocolate meditation – 15 minutes
- Session close – 1 minute

Session flow

NB the scripts are merely guides and do not need to be verbatim. Run the discussions and activities to suit your personality and style.

Welcome and review of week 3 **[DISCUSSION]** – 10 minutes

Welcome everyone to week 4! This week we are diving into the concepts of mindfulness and mindful eating and the benefits of both. But first, let's have a recap of last week!

[ASK THE GROUP] *does anyone want to share how they got on in week 3 or have any questions?*

[Encourage discussion and support/contributions from the group]



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Mindfulness and mindful eating [ACTIVITY] - 10 minutes

[Clearly instruct the group] In small groups of 3 or 4 discuss what mindfulness means to you, make notes on your workshop handout if you wish. Take 5 minutes to discuss your answers to the following questions:

- What do you interpret mindful eating to mean/involve?
- How can mindful eating support you achieving your goal?

[Select 1 or 2 groups to report back to the whole room] - 5 minutes

[SUMMARISE] Mindfulness can be described as checking in, awareness, in the moment or slowing down to take notice. However you define it, being mindfully aware, conscious and therefore taking ownership and control of our food choices can be empowering on a health or weight loss journey. This includes awareness around portion sizing and food labels, of which you have additional resources this week to read up on for that extra support.

Mindfulness and mindful eating can support our goals by facilitating an awareness in our relationship with food. Sometimes we might find ourselves 'auto eating' (eating on autopilot) or in a frantic rush, driving, or at our desks whilst distracted by other things. Before you know it, you have consumed a whole packet of something without realising. Some of us may also stress eat or find ourselves emotional eating, particularly if we have an emotional connection to certain foods that we turn to for a trainset moment of pleasure or gratification.

Emotional vs physical hunger [DISCUSSION/ACTIVITY] - 15 minutes

Can you tell the difference between emotional and physical hunger? We are about to find out.

[Divide the room into small groups of 4. Half of the small groups will brainstorm and list common signs of emotional hunger, the other half of the groups will list common signs of physical hunger. The groups have 5 minutes to come up with as many as they can, pick 1 or 2 groups (from each half) to report back to the room]

[SUMMARISE] Emotional and physical hunger can generally be differentiated by the following:

Emotional	Versus	Physical
Generally felt above the neck	Vs	Growling in the stomach, feeling physically empty in the stomach
Comes on suddenly	Vs	Comes on gradually
Feels urgent and impulsive	Vs	Patient and can be postponed
It is for a specific food or taste	Vs	Open to all foods, not fussy
Is paired with a strong feeling or emotion	Vs	Comes out of physical need
May be automatic or absentminded	Vs	More conscious and deliberate choices
Does not always satisfy, or feel like stopping even when physically full	Vs	Stops when the body recognises fullness and receives nutrients it desires. Satisfied with healthy portion sizes
May result in feeling guilty	Vs	Realises food was necessary

Emotional eating is normal; we have all experienced it and it's nothing to be ashamed of. However, it may not serve you in the most optimal way for achieving your goal.



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[ASK THE GROUP] What are some things we could do to manage or mitigate emotional or stress eating? [Encourage answers and discussion]

Portion sizing and food labels [OVERVIEW] – 2 minutes

[Show the handouts to the room] The two additional resources for this week – Portion Sizing and Food Labels – are additional supports to help you bring awareness and attention to your food choices. These will support you through the program and beyond. If you are creating your own meal plans now, perhaps cross reference your current portion choices to that in the document. These simple hand portion sizes are an easy visual reference for keeping portion balance. The Food Labels document may support you in making healthy and informed choices now and in the future.

Meal plans & nutrition tasks – [OVERVIEW] – 5 minutes

- **[Show a copy of the Meal Plan and Nutrition Task List resources for this week and remind the group of the option to follow the plan or make their own using the Nutrition Task List, Food Groups and Simple Swaps resources.]**
- **Go through any questions]**

Chocolate meditation [ACTIVITY] – 15 minutes

[Guide the group through the chocolate mindfulness meditation below. Speak through the steps slowly with at least a 5-10 second pause in between. Allow the room time to tap into the sensations as you ask them to.]

We are now going to go through a guided chocolate meditation. If anyone in the room cannot eat chocolate, or would like to sit out, please do so. You are welcome to observe and try this at home with a different food of choice.

Sit in a comfortable position and remember to approach this exercise with gentle curiosity. There are no rights or wrongs, just individual personal experiences.

Look at the piece of chocolate in front of you.

If it's wrapped, what colour is the wrapper? Open the wrapper, slowly.

Do you feel a sense of anticipation or urgency?

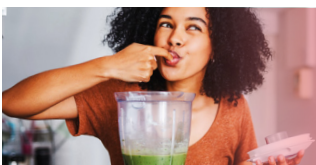
What emotions do you sense?

What physical feelings do you notice?

Consider now, the chocolate's shape and texture, its colour and weight.

Now pick up the chocolate, feel its weight.

Smell the chocolate and notice, does it trigger any other reactions within you?



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Where do you feel these sensations?

Place the chocolate in your mouth now – but don't eat it.

Just notice, what physical sensations do you have?

Notice it melting. What is the consistency?

Where does it move in your mouth?

What can you taste?

What can you feel on your teeth, tongue, lips?

Move the chocolate around your mouth and as you do notice if the taste changes.

Swallow the chocolate, follow it as it moves down the oesophagus until it is all gone.

Is there a lingering taste or sensation?

How do you feel emotionally?

How do you feel physically? Take a moment to notice.

[ASK THE GROUP - Once finished take a pause and then ask]

- ***Was this different to your normal chocolate experience and how so?***
- ***How aware were you of your emotions during the exercise?***
- ***Would this change how you experience/enjoy chocolate or similar food in the future?***

Session close – 1 minute

Any questions?

Thank you for coming. Have a great week, see you next workshop, if not before!



WORKSHOP (WEEK) 5 - Finding Balance

Key:

[Blue bold] = Notes to facilitator

Italics bold = Questions for facilitator to ask the room/group

Italics = Script to guide sessions

The room set up/environment

- A comfortable space for chatting and sharing
- Herbal teas

Resources:

- Week 5 workshop handouts
- Pens
- Printed PDF eJournal (one master copy to refer to throughout the workshops)
- Glycaemic Index vs Glycaemic Load PDF
- Week 5 Nutrition Tasks
- Week 5 Meal Plan (print from MyFernwood)
- Bluetooth speaker/boom box to play the meditation

Overview: Session duration - 1 hour

- Welcome and review of last week's activities and questions - 10 minutes
- Work-life balance activity - 20 minutes
- Blood sugar balance - 5 minutes
- Glycaemic index vs glycaemic load - 10 minutes
- Meal plans and nutrition tasks - 5 minutes
- Finding balance meditation - 7 minutes
- Session close - 1 minute

Session Flow

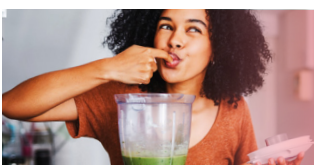
NB the scripts are merely guides and do not need to be verbatim. Run the discussions and activities to suit your personality and style.

Welcome and review of week 4 **[DISCUSSION]** - 10 minutes

Welcome everyone to week 5! This week's topic is on balance. Balancing blood sugars for weight management and health, balancing healthy eating with socialising and eating out, as well as work-life balance.

Before we get into those discussions, first a recap from last week.

[ASK THE GROUP] *does anyone want to share how they got on in week 4 or have any questions?*
[Encourage discussion and support/contributions from the group]



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Work-life balance [ACTIVITY] - 20 minutes

Next week our final topic explores the effects of stress on our mind and body and how it can sabotage our success if not mindfully managed. This week, in your journal you start to explore this concept with a work-life balance questionnaire.

Having balance in your life, where you are happy and satisfied and feeling autonomous and in control of different areas of your life, is supportive of overall wellbeing. When we lack balance or the scales are tipped too much one way, this can cause feelings of overwhelm, stress, frustration and even negative emotions like guilt and resentment. Next week we will explore how stress can be a detriment to our physical health and even prevent weight loss/fat loss from occurring despite our best efforts in the gym. So, balance is as key in life as it is in your diet.

[Clearly instruct the group] On your workshop handout, you will see a copy of the work-life balance questionnaire from the journal. If you have already completed this, fantastic you can move on to the questions below it. Otherwise, to save you time this week, take 5 minutes now to rank the areas of your life you give the majority of your time and energy to with 1 being least energy/time and 10 being most energy/time.

Health and fitness 1 2 3 4 5 6 7 8 9 10
Family and friends 1 2 3 4 5 6 7 8 9 10
Love life 1 2 3 4 5 6 7 8 9 10
Career and finances 1 2 3 4 5 6 7 8 9 10
Home and habitat (including chores) 1 2 3 4 5 6 7 8 9 10
Sleep 1 2 3 4 5 6 7 8 9 10
Hobbies and passions 1 2 3 4 5 6 7 8 9 10
Personal development 1 2 3 4 5 6 7 8 9 10

[Once everyone has finished or is near finishing, ask them to move on to the following section of their handout]

Pick one area that that has a score that you are unsatisfied with.

- **Why did you give it that rating?**
- **What would you like it to be?**
- **What steps could you take to improve your balance in that area?**
- **How would more balance in this area help you achieve and maintain your goal?**

Blood sugar balance [EDUCATION] – 5 minutes

No doubt you have all heard of blood sugar. Simply speaking, this is a measure of glucose in your blood stream at any time. Blood sugar balance is vital to acute survival and long-term health. It is controlled by two things:

1. The food you eat
2. Hormones – insulin and glucagon, which respond to the food you eat

The body works constantly to keep blood sugar levels in an optimal range and avoid dropping below crucial levels (<3mmol/L). It also works to keep blood sugar levels from rising too high, which is equally dangerous, leading to heart disease and type two diabetes.



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Healthy blood sugar balance is not only important for long-term health and the prevention of certain chronic conditions, it also plays a key role in fat loss and weight management.

Insulin is the hormone produced in response to an increase in blood sugar levels. Its job is to lower blood sugar back to a safe and optimal range and it does this by escorting sugar into the liver and muscle cells to be stored or used as energy.

When insulin is elevated in the blood stream, it signals the body to stop burning body fat. If fat loss is your goal, keeping blood sugar levels balanced through choosing to eat foods with a low glycaemic index and low glycaemic load will help to keep insulin levels from elevating too high. Once glucose stores are full in the liver and muscles, insulin also stimulates the body to store excess glucose as fat once liver and muscle stores are full.

Glucagon is the opposing hormone to insulin. When blood sugar levels start to drop, glucagon's job is to raise blood sugar by converting the glycerol in your fat stores into glucose.

Glycaemic index vs glycaemic load [EDUCATION/ACTIVITY] – 10 minutes

[Show a copy of the GI vs GL handout to the room] *One of the additional resources for this week talks about the measure of carbohydrates and their effect on blood sugar levels. The glycaemic index describes how quickly a carbohydrate is broken into glucose and taken into the blood stream, whereas the glycaemic load describes the overall effect on insulin, by an equation that takes into account the amount of carbohydrate in a portion of food as well as how quickly it raises blood glucose (the glycaemic index).*

Both are useful to know, but the glycaemic load is something we consider more in the Food & Mood program as it is the overall insulin demand that is suggested to influence health and weight management.

The glycaemic load takes into account the serving size and carbohydrate content of a food to more accurately predict the demand on insulin. Sometimes high GI foods actually have a low GL.

For example:

A meal that contains low GL carbohydrates, proteins and healthy fats will typically have a low insulin load. The majority of the Food & Mood meal plans have been written to be low to moderate in glycaemic load.

You may have noticed that the Food Groups Table resource also indicates the GL of certain foods as a quick reference; natural wholefoods high in protein and healthy fats will also be low GL.

[ACTIVITY - Share the equation and examples and then instruct the group to work out the GL equations on their handout if time permits]

Glycaemic load = GI x carbohydrate (g) content per portion ÷ 100 (the glycaemic index foundation)

[For example, an apple has a GI of 38 and contains 13 grams of carbohydrates

GL= 38 x 13/100 = 5 (low GL)

A potato has a GI of 85 and contains 14 grams of carbohydrates

GL=85 x14/100 = 12 (medium GL)]



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Balancing healthy eating with socialising and eating out [QUICK NOTE] [Briefly address the group and direct them to the additional resource 'Eating out, socialising and alcohol) to help maximise, manage and maintain results when eating out]

Meal plans & nutrition tasks – [OVERVIEW] – 5 minutes

- [Show a copy of the Meal Plan and Nutrition Task List resources for this week and remind the group of the option to follow the plan or make their own using the Nutrition Task List, Food Groups and Simple Swaps resources.
- Go through any questions]

Finding balance meditation recording [ACTIVITY] – 10 minutes

- [Invite everyone to find a comfortable position for the guided meditation to close the session
- They can sit either in the chair or on the floor, or may wish to lay down if they have space
- Dim the lights if you can
- Play the Finding Balance Meditation (from the online content and challenge resources on the intranet)
- Once finished, remind them to take their time coming out of the meditation
- Invite them to repeat this meditation every day throughout the next week.]

Session close – 1 minute

Any questions?

Thank you for coming. Have a great week, see you next workshop, if not before!



WORKSHOP (WEEK) 6 – Stress & Success Sabotage

Key:

[Blue bold] = Notes to facilitator

Italics bold = Questions for facilitator to ask the room/group

Italics = Script to guide sessions

The room set up/environment

- A comfortable space for chatting and sharing
- Herbal teas

Resources:

- Week 6 workshop handouts
- Pens
- Printed PDF eJournal (one master copy to refer to throughout the workshops)
- Week 6 Nutrition Tasks
- Week 6 Meal Plan (print from MyFernwood)
- Bluetooth speaker/boom box to play the meditation

Overview: Session duration - 1 hour

- Welcome and review of last week's activities and questions – 10 minutes
- Meal plans and nutrition tasks – 5 minutes
- Relaxation meditation – 7 minutes
- Session close – 1 minute

Session flow

NB the scripts are merely guides and do not need to be verbatim. Run the discussions and activities to suit your personality and style.

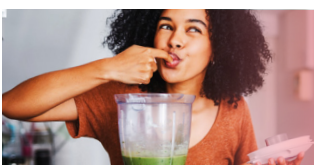
Welcome and review of week 5 **[DISCUSSION]** – 5-10 minutes

Welcome everyone to week 6, the final week of your program. Though this is the end of your weekly workshops, it doesn't mean this is the end of your health and or weight management journey.

*You now have a number of tools to help you maintain and move forward with the support of your Fernwood community. Don't forget to book in for a review of your 6-week progress **[Advise on how reassessments will be conducted in your club]**.*

This week's topic is on one of the biggest things that can get in the way of achieving or maintaining results – stress and other success sabotages. And so, we intend for this workshop to help set you up for maintaining your results and achieving any other health and wellness goals in the future. Before we get into those discussions, first a recap from last week.

[ASK THE GROUP] *Does anyone want to share how they got on in week 5 or have any questions?*
[Encourage discussion and support/contributions from the group]



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Stress and its sabotaging effects [EDUCATION/ACTIVITY] – 20 minutes

We all experience stress, in its many shapes and sizes. Our modern existence presents stresses almost at every turn and whilst a certain amount is good for us, long-term stress and stress that is not well managed can be a direct sabotage on our inner health as well as on our weight management goals.

[Clearly instruct the group] *In small groups of 3-4, brainstorm and nominate one person to write down some common stresses or sabotages that we face day-to-day that could potentially interfere with results. You have 2 minutes to come up with your list.*

[After 2 minutes, or once the groups show signs of being finished, call upon 1 or 2 groups to share their list. Acknowledge all responses, there are no rights or wrongs.]

[If these have been said you don't need to repeat them; if not, you may wish to share this list: Perceived time, family, friends, peers, work pressures, money, internal dialogue, negative self-talk – what we say to ourselves on a daily basis can lift us up or bring us down.]

[Clearly instruct the group] *Now, in the same group, brainstorm and write down some of the ways that you think feeling or experiencing stress may sabotage health or weight management goals. You have 2 minutes to come up with your list.*

[After 2 minutes, or once the groups show signs of being finished, call upon 1 or 2 groups to share their list. Acknowledge all responses (there are no rights or wrongs) and then summarise with the following]

There are a number of ways that stress can impact upon us achieving our goals, as we have heard from the sharing in the room **[If these have been said you don't need to repeat them; if not, you may wish to share this list:**

Stress may:

- Lead to emotional hunger/stress eating (we talked about a little already in week 4)
- Interrupt sleep, which affects appetite and cravings the next day
- Drain time, energy and motivation for healthy eating and exercise
- Affect digestion and absorption of nutrients
- Increase or decrease appetite
- Affect cortisol and insulin production/hormone balance that can lead to weight gain or prevent weight loss.

Stress is a physiological state that the body goes into when it perceives a threat. That threat can be a real life or death situation or it can be a less intense, like chronic stimulus such as unhappiness in a job or relationship, financial worries or a super busy lifestyle. Whatever the cause for the stress the body reacts in the same way – the fight of flight response.

When this response is constantly 'turned on' through chronic stressors, the natural balance of cortisol and insulin, two hormones that influence health and weight management, can become affected. So, for some people stress is a real barrier/road block to seeing results.

The good news is that there are a number of choices we can make and actions we can take to reduce



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the physical effects of stress on the body.

[Clearly instruct the group] *In your groups again, brainstorm and nominate one person to write down some actions or activities to reduce the effects of stress on the mind and body. You have 2 minutes to come up with your list.*

[After 2 minutes, or once the groups show signs of being finished, call upon 1 or 2 groups to share their list. Acknowledge all responses (there are no right or wrongs) and then summarise with the following]

There are a number of ways to counteract the negative effects of stress as we have heard from the sharing in the room. [If these have been said you don't need to repeat them; if not, you may wish to share this list:

- *Meditation (simulates rest, relaxation and digestion)*
- *Massage (simulates rest, relaxation and digestion)*
- *Deep breathing (simulates rest, relaxation and digestion)*
- *Exercise (gives the body a physical and mental outlet)*
- *Yoga, in particular yin yoga (simulates rest, relaxation and digestion)* •
- *Mindfulness activities (focus on the present, reduces anxiety, allows space to find solutions)* •
- *Choose to think differently*
- *Choose to act differently*
- *Step away from the situation*
- *Accept and let go*
- *Focus on solutions*

Sleep health [EDUCATION/ACTIVITY] - 10 minutes

Feeling and experiencing stress can have major impact upon our quality of sleep. Sleep is a crucial part of our overall wellbeing and is as essential to life as wholesome food and clean water and is a key piece of the weight management puzzle!

Poor and insufficient sleep is perceived as stress and has similar effects on the hormones cortisol and insulin, which are storage hormones, meaning they send messages to hold on to energy and store it as fat.

So firstly, let's explore what good sleep looks like and then we will explore ways to improve sleep.

[ASK THE GROUP] *What makes good sleep? How many hours should we get? How should we feel when we wake? What should the environment be like? [Encourage sharing and discussion and then SUMMARISE]*

In general, the science is pointing to a regular and consistent routine as being one of the most important aspects of sleep health, i.e., falling asleep and waking at similar times every day, followed closely by

- *7-9 hours*
- *Uninterrupted*
- *Between the hours of 10pm-6am for optimal physical and psychological repair*
- *A dark room (blackout ideally) with no exposure to light from devices, streetlights etc.*
- *Ideally no electronics/WIFI*



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Now, think of your own sleep patterns. Is there anything that might need addressing/improving?
[ASK THE GROUP] *How can we create an environment more conducive to optimal sleep? Feel free to shout out some ideas. [Encourage sharing and discussion and then SUMMARISE by offering a few suggestions]*

- *Start sleep preparations hours before you want to be asleep*
- *Go to bed at the same time as often as possible*
- *Limit screen time*
- *Warm low lights*
- *Go for a walk or run a bath – both stimulate rest sleep hormones*
- *Meditation*
- *Yin yoga*
- *Read a book*
- *Sleepy teas*

Meal plans & nutrition tasks – [OVERVIEW] – 5 minutes

- **[Show a copy of the Meal Plan and Nutrition Task List for this week and remind the group of the option to follow the plan or make their own using the Nutrition Task List, Food Groups and Simple Swaps resources.]**
- **Go through any questions]**

Relaxation meditation recording [ACTIVITY] – 10 minutes

- **[Invite everyone to find a comfortable position for the guided meditation to close the session**
- **They can sit either in the chair or on the floor, or may wish to lay down if they have space**
- **Dim the lights if you can.**
- **Play the Relaxation Meditation (from the online content and challenge resources on the intranet)**
- **Once finished, remind them to take their time coming out of the meditation**
- **Invite them to repeat this meditation every day throughout the next week.]**

Session close – 5 minutes

[Remind the group to book in for their re-assessment (scan, weigh-in etc) and remind them to go complete the HASS questionnaire as part of their reassessment. Take time to thank everyone for participating, let them know the club is there for continued support. You may wish to have a small social gathering to celebrate.]

