

FOOD & MOOD

COACHING

WEEK 7 - BREATHE

WELCOME TO **WORKSHOP 7**

Welcome to the next 6 weeks of Food & Mood, your Fernwood nutrition program founded upon the principles of Mediterranean eating, powerful mindset, and behavioural coaching. We are excited to welcome you back! Perhaps you've only just completed phase 1 and you're continuing your Food & Mood journey without a pause, or perhaps it's been a little while since your last Food & Mood session – that's all good. You'll get back into the groove in no time.

01. RE-CREATE OR RECONNECT WITH YOUR SMART GOAL

With a partner or in a small group, take turns to share/discuss the following:

- + Your name (if you don't already know each other)
- + What is your program intention/goal for this next 6 weeks and why this is important to you?
- + Is this the same goal from Phase 1 or has it evolved or changed completely?
- + Be it the same goal or a revised goal for the next 6 weeks, is there anything you would do differently or approach differently with regards to striving towards your current program goal?
- + It is 6 weeks from now you have completed the Food & Mood program in full and you have achieved your goal. What are you:
 - + Thinking about yourself?
 - + Feeling about yourself?
 - + Saying to yourself?

02. JUST BREATHE

Breathing, something so simple and natural to us, may be one of the most under-rated health and weight management tools we have. The way in which we breathe is as important for our health and wellbeing as physical exercise, mindful relaxation, restful sleep, and good quality nutrition.

With a partner record your respiration rate (RP).

1. Ask your partner to time you for 1 minute
2. Sitting or lying quietly, place a hand over your belly or chest, and count from when your partner starts the timer how many times your chest or belly rises over the course of 1 minute.
3. Make sure you both have the opportunity to be timed.

Date:

Day:

Time:

RP (breaths per minute):

Over the course of the next 6 weeks, a regular practice of the mindful moment breathing activities may help you see an overall reduction in your respiration rate.



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03. DIAPHRAGMATIC BREATHING

Find a comfortable space to partake in this week's group breathing exercise. If time permits, note how you feel mentally, physically, and emotionally immediately following this exercise.

