

PHASE 2

STAFF RESOURCE – WORKSHOP FLOWS AND SCRIPTS

WORKSHOP (WEEK) 10 – Love Yourself

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 10 workshop handouts
- Pens
- Copy of the journal – Hard cover or printed PDF (new version phase 1 & 2 combined)
- The Why and How of Anchor (long exhale) breathing PDF
- Week 10 Nutrition Tasks
- Week 10 Meal Plan (print from MyFernwood)

Overview: Session duration - 1 hour

- Welcome and review of last week's activities and questions – 5-10 minutes
- Love Yourself (topic overview) – 5 minutes
- Body Positivity (activity) – 15 minutes
- Active & Passive Self-Care (discussion) 5 minutes
- Active & Passive Self-Compassion (activity) 10 minutes
- Anchor (Long exhale) breathing (activity) – 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 9 [DISCUSSION] – 5 - 10 minutes

Welcome everyone to week 10. Today we will explore the topic, 'Love Yourself'.

*The focus this week is on two very important components of success: self-care and body positivity. We can care for our self physically through nourishing our body, and mentally through nourishing the mind, including how we think and feel about ourselves, and taking time specifically in the day to rebalance and rejuvenate. Before we jump into this week's topics, **[ASK THE GROUP] does anyone want to share how they got on in week 9 or have any questions? [Encourage discussion and support contributions from the group - ask about success with the recipe plan, any favourite recipes? How did they get on with their journal activities? And is everyone up to date?]***

[OVERVIEW] Love yourself – 5 minutes

As experts in women's health and wellness, we know that the benefits of all the green vegetables and powerful proteins in the world can't compare to the power and success that comes with a foundation of self-love, self-esteem and self-acceptance.

So, let's talk Body Positivity...

Take a moment to recall one of your journal activities in week 3, which was to take note of your internal dialogue (i.e the thoughts you have and the things you say to yourself about YOURSELF. For many of us the thoughts we have about ourselves can default to thoughts / beliefs that are less than positive. Body positivity focuses on love and acceptance all bodies; having love for your body, no matter size, shape, age, gender, skin tone and ability.

[ASK THE GROUP] Hands up if you struggle with, or have struggled with body positivity in the past? [Wait for a response from the room and offer encouragement] *It may not come naturally or easily but when actively worked towards, body positivity can do wonders for self-esteem, self-worth and overall wellbeing.*

Founder of the Body Image Movement and director of Embrace: The Documentary (2016), Taryn Brumfitt sums it up well: She says...

"We weren't born hating our bodies... and then....we grew up. We started buying into the toxic messages from people and industries that told us to be anything other than what we are and we ended up here - exhausted, disconnected and hating our bodies... just as we've learned to hate our bodies, we can re-learn to love them."

How we think and feel about ourselves and our bodies plays a big part in our journey towards any goal.

[ACTIVITY] Body Positivity – 15 minutes

One of your journal activities this week is to explore the choice we have to see ourselves and our bodies positively. The activity is to take a picture of yourself and take note of the following as you look at the picture:

- 1. Your general thoughts and feelings that came up.*
- 2. What you say and think to yourself when you look at or think about certain physical parts of your body.*
- 3. In general, were your thoughts/feelings more positive or negative?*

[INSTRUCT THE GROUP] In pairs:

- 1. First, take turns to share/discuss each of your responses in relation to the above three points. You will each have around 5 each to do this.***
- 2. Then, if you noticed you tended towards more self-criticism and less self-compassion, take the one area of your body you are least positive about and ask your partner to help you flip your perspective to find what you could/do love about that part of your body.***

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You might start by thinking of all the gifts that your body gives you, for example, legs to run, arms to hug, a face to kiss and smile with – have fun with this! Note: If you haven't completed this OTA yet, that's ok. Imagine you are looking at a picture of yourself now to complete the activity.

[Once everyone looks like they have shared, spend 2-3 minutes asking the whole group if anyone wanted to share how they decided they could flip their negative perspective about their body and find what they could or do love about their body instead]

[DISCUSSION] Active and Passive Self-Care – 5 minutes

Cast your mind to 'Setting up for Success' at the start of your journey. In preparation for your program, we spoke about celebrating the wins throughout your journey and knowing that there would be good days, mediocre days and even challenging days that would test your commitment to yourself and your goal. No matter the kinds of day you are having, self-care is an important part of your Food & Mood journey. When we put ourselves in focus, through self-care and self-compassion, we support both our physical and mental wellbeing. We can feel more confident, more positive, and more autonomous and in control.

There are three core components of self-compassion (Neff's theoretical model, 2016)

- 1. Self-kindness (dropping judgement and criticism)*
- 2. Common humanity (we are not alone)*
- 3. Mindfulness in suffering (being aware, open and accepting)*

Each of these components can have an active and passive element

[ASK THE GROUP] Does anyone want to have a guess as to what the difference might be between active and passive self-compassion? [Wait for contributions, all guesses are welcome. Eventually sum up with the following]

Passive self-compassion

- Comforting oneself*
- Soothing oneself*
- Validating oneself*

Passive approaches allow us to begin to transform and heal.

Active Self-Compassion – involves acting in the world

- Protecting oneself*
- Providing for oneself*
- Motivating oneself*

Active approaches demonstrate fierce inner strength, positive action, motivation

*What active and passive self-compassion might look like.
Someone who is experiencing burnout at work might:*

*Run a hot bath at the end of the day and listen to music or read a book to relax.
(which would be more passive self-care)
AND*

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*Speak up to her manager about how she is feeling and ask for some reasonable adjustments to be made to support her workload (**which would be more active self-care**).*

[ACTIVITY] Active & Passive Self-Compassion – 10 minutes

[INSTRUCT THE GROUP] *Take a look now at the ‘Active & Passive Self-Compassion’ activity on your workshop handout. This activity you will do on your own, reading through and following the instructions, you will have around 10 minutes to make a start and if you aren’t able to complete the activity in that time, you are welcome to complete it in your own time.*

The instructions are:

- *Recall a situation that you are having difficulty with at the moment.*
- *Write it down on your workshop handout*
- *Come up with at least one self-compassion action for each of the three aspects of passive and active self-compassion. Write your answers in the action columns in the table. **[Hold up the workshop handout to show the table they will use]** If you run out of time, you can complete the table in your own time later on.*

[Once 10 minutes is up, call the room’s attention back and ask if anyone has anything that came up for them during that exercise that they would like to share, before moving on to the last activity]

[ACTIVITY] Anchor (Long Exhale) Breathing - group exercise – 10 minutes

And finally, we’re on to our last exercise for today’s workshop – Anchor (long exhale) breathing. We have touched on the sympathetic (fight or flight) and parasympathetic (rest and digest) states of the body. In essence the longer we exhale, the more parasympathetic activity we will stimulate.

You can read a little more in the resource ‘The Why & How of Anchor (long exhale) Breathing, but for now, let’s have a go.

[Instruct the group to find a quiet comfortable space in the room for the final activity of the workshop]

1. *Sit with your spine erect, but relaxed (sit on a block, a cushion to assist this posture), OR you may find it much more comfortable to lie down on your back. Use a pillow or cushion(s) to support your head and lower back (placing one under your head and another under the back of your thighs, just above the knee crease)*
2. *Relax your hands either at your sides or on your belly if laying down.*
3. *Gently close your lips to inhale and exhale easily through the nose.*
4. *For your first few rounds of breath, breathe at a pace that is natural and usual for you*
5. *Then start to slow your exhalations down to a pace that is double that of your inhale.*
6. *Start with inhaling for 2 seconds (1-one-thousand, 2-one-thousand) and exhale fully for 4 seconds (1-onethousand, 2-one-thousand, etc.) Then you may wish to slow the rate to 3 seconds in and 6 seconds out*

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7. *As you exhale, feel a sense of grounding and anchoring your body into the surface beneath you, enhancing the relaxation effects of this exercise.*
8. *Continue breathing in this way in your own time.*

[Allow the group time to continue the exercise for a couple of minutes, if you are short on time, one minute is enough. When you are ready to close the exercise in struct the group as follows:]

When you are ready, in your own time, there is no rush, allow your breath to return to what is natural and usual for you. If your eyes are closed, slowly blink them open.

[If time permits, you may wish to ask the room how they found that exercise and remind them to complete a few minutes of this week's breathing exercise each day this week].

Session close – 1 minute
Any questions?

That concludes the workshop for this week, thank you everyone for attending. Have a great week, see you next in the workshop, if not before!