

PHASE 2

STAFF RESOURCE – WORKSHOP FLOWS AND SCRIPTS

WORKSHOP (WEEK) 7 – BREATHE Welcome back)

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 7 workshop handouts
- Pens
- Copy of the journal – Hard cover or printed PDF (new version phase 1 & 2 combined)
- The why and how of diaphragmatic breathing PDF
- Week 7 Nutrition Tasks
- Week 7 Meal Plan (print from MyFernwood)

Overview: Session duration - 1 hour.

- Welcome back / intro (overview) – 1 min
- Short group introductions (activity) – 5 minutes
- Recreate or reconnect with SMART goal (activity) – 15mins
- Phase 1 reviews and reminders (overview) – 5 mins
- What's new in phase & Phase 2 Journal (overview) - 5 mins
- The power of the breath (overview) – 2 minutes
- Respiration rate (activity) – 10 mins
- Group breathing (activity) - 10 mins
- 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 back/ introduction – 1 minute

[You may have participants that are moving straight from Phase 1 into Phase 2 OR they may be a group who completed Phase 1 weeks or even months ago, OR you may have a mixture of both. Know in advance your participants status and modify your intro and welcome to suit – it might go something like this]

Welcome everyone to your phase 2 food and mood program, for those of you I haven't met before, 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 dive into 'what's new in phase 2' as well as get reacquainted. But first let's have a little re-cap of your Food & Mood journey so far.

Some of you will have just completed phase 1, continuing your Food & Mood journey without a pause and for some of you it's been a little while since your last Food & Mood session – that's all good. You'll get back into the food and mood grove in no time. We have included any relevant documents from Phase 1 as downloadable links in the Phase 2 Welcome page online, for your convenience.

[ACTIVITY - OPTIONAL] Short Intros – 5 minutes

*Right now, I/we would love to quickly go around the room and get an update from each of you as to where you are up to. **Please introduce yourself to the group and let us know long it has been since you completed Phase 1, [call on a participant] let's start with you.***

[If everyone in the group is continuing on without a pause from phase 1 you can skip this exercise, otherwise invite each participant to share in 10 seconds or less]

If it has been a while since you were on Phase 1, don't forget as prompted in on the online welcome page and in the phase 2 section of the journal, to jump back into the 'Pre-program activities' in the journal and setting up for success' page online. This will also help you to deepen your connection to the program and get clear on why you are here (again).

Be it a week or several weeks since you've finished phase 1, it's important to be CLEAR on your Food & Mood SMART goal and mantra for the next 6 weeks of the program. Knowing where you are now and where you want to be in 6 weeks (or more) time is crucial to making it happen.

We are going to jump pinto a quick activity (in pairs) to help you reconnect with or recreate your F&M goal if you are already really clear on your goal and your goal is continuing from phase 1, that is great. It is still helpful to verbalize it to reinforce your intention.

[ACTIVITY] Re-create or reconnect with your SMART goal and mantra – 15mins

[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 brightest top on goes first.]

*You have 5 minutes in total for each person to share as succinctly as possible, the following (feel free to write your responses down) **[show the activity on the workshop handout.]***

- 1. Your name (if you don't already know each other)**
- 2. What is your program intention/goal for this next 6 weeks and why this is important to you?**
- 3. What is your Food & Mood mantra?**
- 4. Is this the same goal from Phase 1 or has it evolved or changed completely?**

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5. Be it the same goal or a revised goal for you're the next 6 weeks, is there anything you would do differently or approach differently with regards to striving towards your current program goal?
6. 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

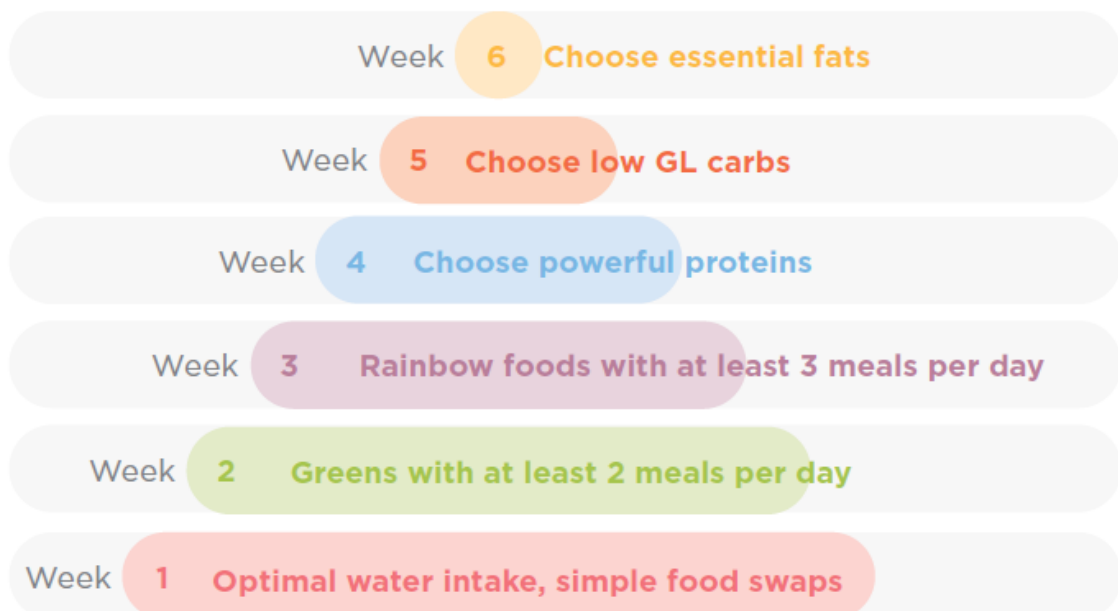
[Once everyone has shared, you may wish to ask if anyone would like to share their answers to number 6, for inspiration. Call upon 2 or 3 participants if time permits.]

[OVERVIEW] Phase 1 reviews and reminders - 5 minutes

So now we are all reconnected to our goals, let's take a quick review of the journey so far in phase 1, including what will now make up the weekly Foundation Nutrition tasks for weeks 7 - 12, and a review of the weekly topics and discussion points to date.

Foundation nutrition Tasks

*If you recall, we spent the first 6 weeks building upon a different food focus for each week. This started with water intake and simple swaps in week 1, then progressing over the weeks adding greens, rainbow foods, powerful proteins, low GL carbs and healthy essential fats. **[Refer the group to the diagram below that is also in the journal and on the welcome page]***



You will see at the start of every week of the phase 2 section of the journal, a checklist of these foundational tasks, which hold true for each week moving forward. If you follow the weekly recipe plans, we take care of this checklist for you 😊

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These foundational tasks are:

- Green vegetables with at least 2 meals per day
- Rainbow foods with at least 3 meals per day
- Choosing 'powerful proteins'
- Choosing low GL carbohydrates
- Choosing essential and healthy fats
- Maintain 'simple swaps'

Reminder Next Level Tasks – in Phase 1, we slowly introduced some optional Next level nutrition tasks to 'up level' your commitment and progression towards the achievement your Food & Mood goal. Phase 2 provides you the opportunity to go a little deeper and so perhaps if you haven't opted yet to follow the next level tasks, you might like to do so in this phase and note what a difference they make to your progress, these include:

- Eliminate alcohol
- Eliminate refined sugar
- Eliminate hydrogenated/trans fats
- Eliminate heavily processed foods

The 'Anything Goes' Meal

Another little reminder that every week, you have 1 meal that the nutrition task lists need not apply. Perhaps this is a meal out with friends and a glass of red, or an indulgence of your choice, It's totally up to you.

Reminder Phase 1 topics recap

So far, your F&M journey has followed these foundational topics for health and weight management. **[ASK THE GROUP] Can anyone recall these off the top of their head? [Accept and acknowledge any contribution and guide the answers into the following]**

Week 2 - Nourish your body – You are what you eat and drink: Food is more than calories, it provides crucial information to our cells, tissues and hormones for health and weight management.

Week 3 - Nourish your mind – You are what you think; 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.

Week - 4 Mindfulness & mindful eating – Awareness, being in the moment or slowing down to take notice; however you define it, being mindfully aware of our actions and surroundings helps us to take ownership and control of our food choices and empower us on our health or weight loss journey.

Week 5 - Finding balance - 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.

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Week 6 - Stress & success sabotage – 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.

This takes us to where we are right now – week 7, the start of phase 2. You will find the phase 2 program schedule as a downloadable PDF on the Phase 2 Welcome page online.

[OVERVIEW] What's new in phase 2 – 5 minutes

New topics:

- Breathe - this week (more on this shortly)
- Love your Gut: Gut health part II
- Love your liver
- Love yourself
- Female focused foods
- Maintaining success and progress

Some new nutrition focus tasks

Whilst the foundational tasks continue to make up the bulk of the food focus for each week, in some weeks we will bring your focus to gut loving foods, liver loving foods and female focused foods.

New Journal Pages

Just like Phase 1 you have a program journal to guide you through each day of the program and to provide you space for important activities and powerful reflection.
[Show journal]

[ASK THE GROUP] Does anyone have any questions so far?

OK, and finally, which brings us nicely onto the main topic for this week, 'Breathe' is the last but not least new addition for phase 2. **Mindful breathing exercises for health and weight management.**

By now you will be aware that the Food & Mood program focuses not only on nutrition, but also mindfulness activities. In phase 1 we had a number of journal activities, reflections and created space for mindful moments using meditation.

In phase 2, we begin to up-level our mindfulness practices through powerful breathwork that can impact the health of our mind and our bodies.

Throughout the next 6 weeks of mindful moment activities, you will explore 6 powerful breathing exercises that support mental wellbeing, physical health and (if this is your goal) weight management - wow – who knew!?

[ASK THE GROUP] Does anyone currently use any breathing exercises or techniques – if so, what are they and how do you find them beneficial?

[OVERVIEW] The power of the breath - 2 minutes

Breathing. We all do it, 24 hours a day, every day, so wouldn't you think we'd all know how to breath, correctly? We can breathe to survive OR we can breathe to thrive. The benefits of breathing practices have long been realized from thousands of years of yogic and Buddhist practices in the East through to nostril breathing practices observed by native tribes across the great plains of North America. Now modern science is supporting traditional cultures have known for a millennium.

The way in which we breath has as much of an impact upon our health as physical exercise, mindful relaxation, restful sleep and good quality nutrition.

Something so simple and natural to us, breathing (breathwork) may be one of the most under used health and weight management tool we have.

'Lungs are the primary excretory organ in weight loss' - (Brown and Meerman, 2014)

According to scientists at the University of New South Wales, published in the British Medical Journal (Brown & Meerman, 2014) 84% of fat oxidized (broken down) is lost through the lungs as carbon dioxide. Meaning that the simple act of breathing plays a prominent role in weight management.

So, no matter your Food & Mood goals, be it inner health, mental wellbeing or weight management, the breathing exercises we have included in the coming weeks will add another tool to your results toolbox.

As we progress through the weekly breathing exercises, we will further explore the many benefits of simply focusing, controlling and modulating the breath.

[ACTIVITY] Respiration Rate (test) - 10 minutes

let's start with a simple activity of breath observation. There is no need to elicit any conscious control over your breath for this activity, just simply observe and count your number of breaths per minute. This is called your respiration rate. Most people breathe between 12 - 20 breaths per minute. There is a yogic saying that a yogi's life is measured not in number of years, but in number of breaths. Some say the slower the better and there are numerous studies now that show powerful mind body benefits to breathing slow (5-8 breaths per minute). There is no right or wrong here, just a curious observation - how fast do you breathe, at rest.

*This is also one of your journal activities for this week, if you haven't done it already, now is a perfect opportunity and if you have already done it, there's no harm in doing it again! **[Instruct the group as follows]** In pairs follow the instructions on your workshop handout:*

+ Ask your partner to time you for 1 minute
+ 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.

- + Make sure you both have the opportunity to be timed.
- + Record your RP on your handout

So, keep a record of this number. It will be a fun observation at the end of the 6 weeks after consistent daily breathing exercises, if there are any changes to your respiration rate.

[ACTIVITY] Diaphragmatic Breathing group exercise – 10 minutes

And finally for our last exercise for today's workshop – Diaphragmatic breathing. Which is the first of the 6 breathing exercises for phase 2.

Also known as Belly breathing or Yogic breathing, diaphragmatic breathing is a powerful exercise for both the mind and body. It involves drawing breath deep into the belly, actively engaging the diaphragm and expanding the belly to create more space for the lungs to fully expand and fill with air. When we breath diaphragmatically, we activate the vagus nerve, which connects the brain and the gut and stimulates a parasympathetic state. Meaning the nervous system moves towards more restful and restorative activity such as digestion and relaxation.

*We encourage you as part of your mindful moment this week to spend some time practicing Diaphragmatic breathing. The video on the week 7 online content page will help you out as well as the additional resource 'The why and how of diaphragmatic breathing' **[show the group the resource for reference]***

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

- 1. Sit or lay comfortably with the spine straight and your left hand on your chest and right hand on your belly, just beneath the rib cage above the diaphragm.*
- 2. You may wish to close your eyes to tune inward to your breath.*
- 3. Gently close your lips and inhale through the nose.*
- 4. For the first 3 rounds of breath, just breathe naturally at a pace and depth that is normal for you, but start to observe the movement of your belly up into your hand on the inhale and down toward the spine on the exhale.*
- 5. Once your first few rounds of natural breath are complete, begin diaphragmatic breathing*
- 6. Draw the air through the nose, down past your chest and into your belly.*
- 7. As you inhale, you should first feel your stomach expand and push up against the hand. Your chest will remain still as the belly fills.*
- 8. Once the belly is full keep inhaling until your ribcage expands up and outwards before, and then lastly your chest will rise as to completely your full breath.*
- 9. Exhale through the nose, releasing the air firstly from the chest, then rib cage and then belly. As the belly empties, gently encourage the air out by actively contracting your abdominal muscles, drawing them downward towards the spine.*
- 10. Repeat for another minute (or two)*

[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 you are laying down, roll onto one side, pause for a beat and then slowly bring yourself back to your seat.

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[If time permits, you may wish to ask the room how they found that exercise and remind them to complete a few minutes of diaphragmatic breathing 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!*