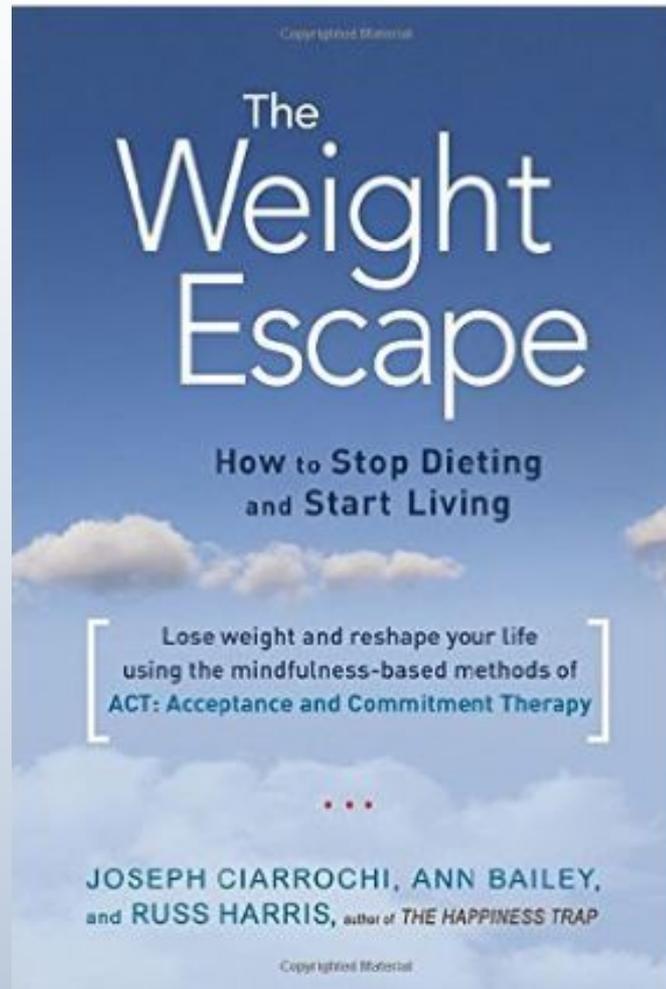
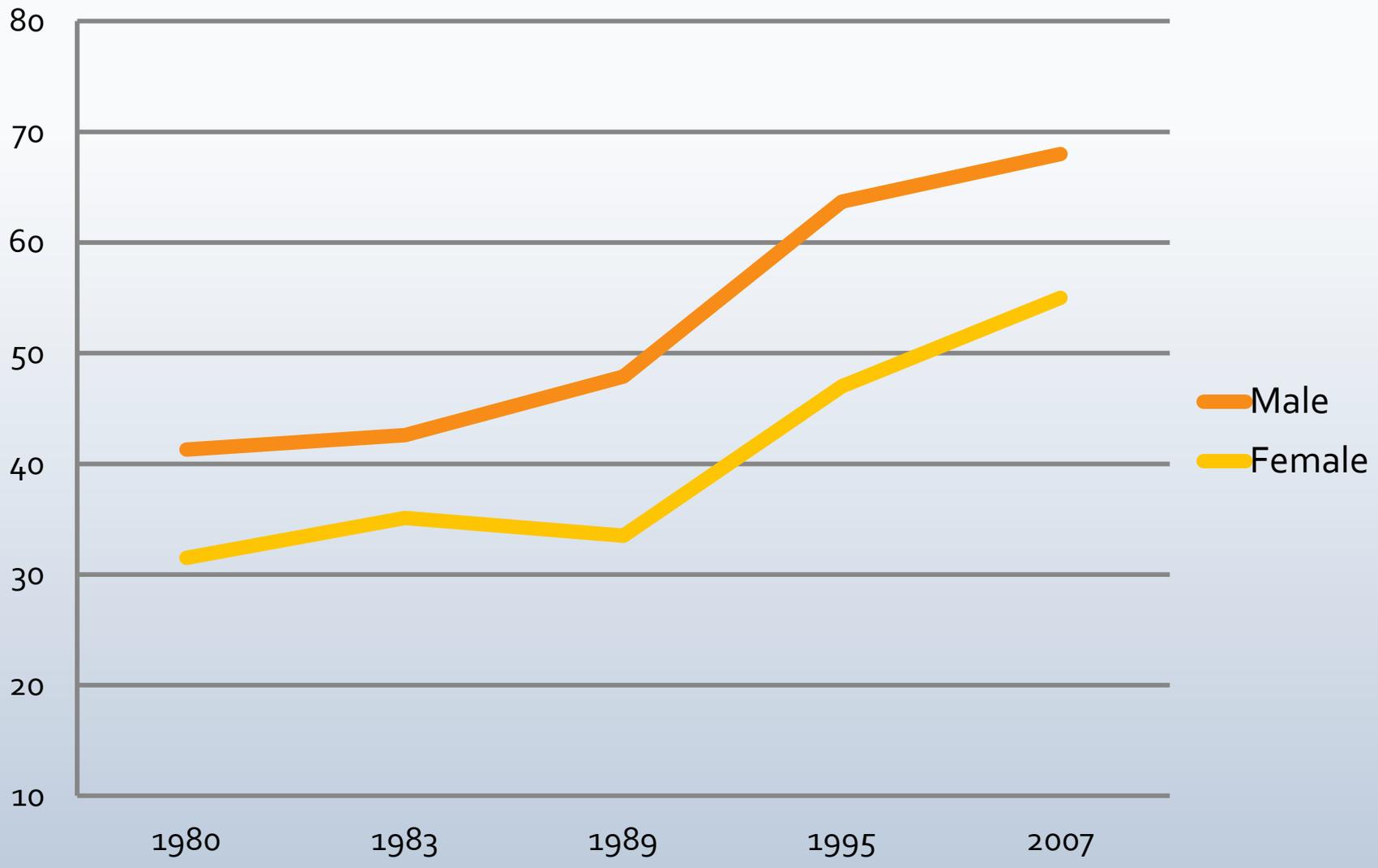


# ACT for Health Coaching: a practical workshop

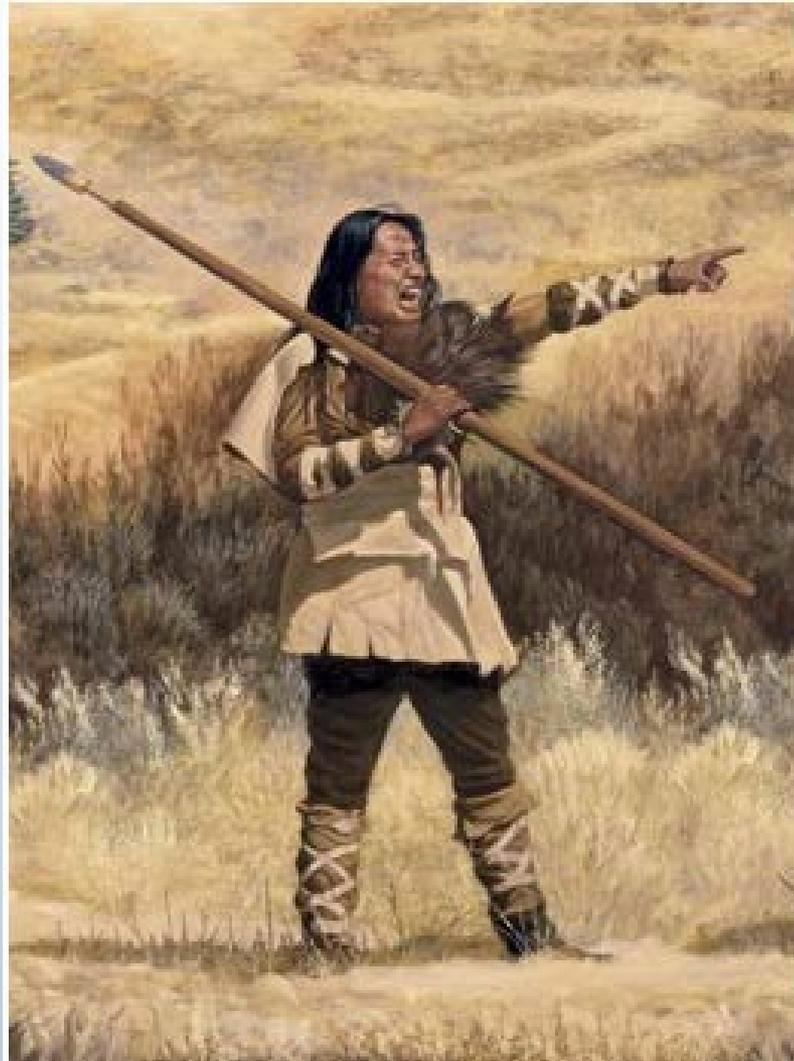




# Percentage of males and females who are overweight



# A tale of two environments







AS SEEN ON  
**TV**



Your **DISCOUNT** Chemist

# Die, Fad Diets, Die







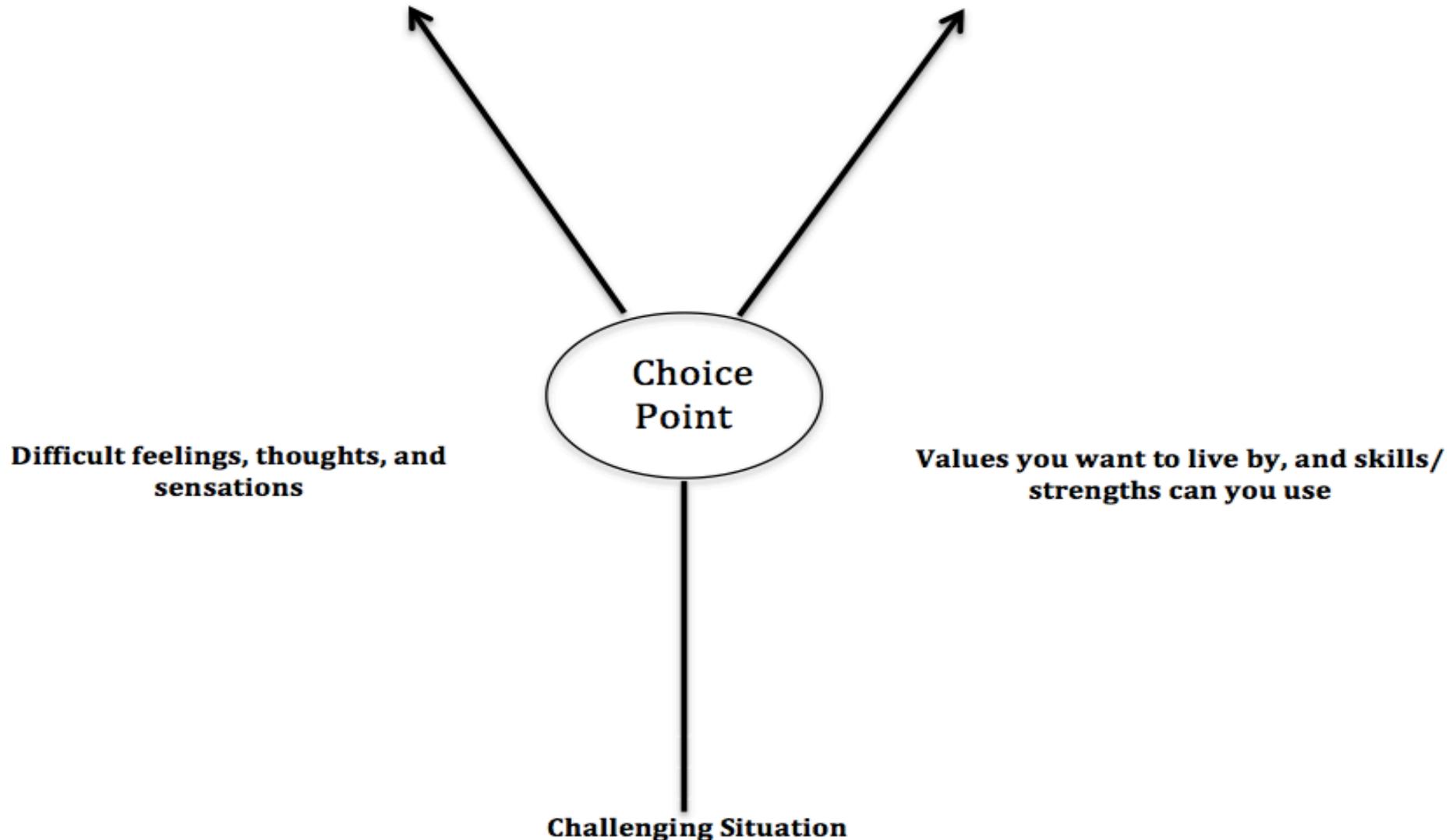
# Choice point: the Road map

## **'AWAY'**

Moving away from the life outcome you want, acting *ineffectively*, behaving *unlike* the person you want to be

## **'TOWARDS'**

Moving towards the life outcome you want, acting effectively, behaving like the person you want to be



**THE “DRIVER”**

# DNA Shifter

- 🌀 **Discoverer:** Broadens and builds behavioural repertoire by trying new things, exploring, and testing workability of behavior. Learns about and creates values, spots and develops new strengths
- 🌀 **Noticer:** Senses psychological and environmental events as they occur- notices inner experience, and labels it as it arises. Allows feelings and thoughts, without having to react to them. Uses noticing to manage emotions.
- 🌀 **Advisor.** Uses inner voice to efficiently navigate the world. Behavior based on predictions, beliefs, self-concepts, and rules. Avoids risks of trial and error experience. Uses past adaptations to effectively guide present action. actions.

# AT the choice point, be BOLD

- 🌀 **B**- Breath—Breath slowly, slow down
- 🌀 **O**-Observe—Observe what you are Doing. Feeling. Thinking. Allow inner experience to flow through you.
- 🌀 **L**-Listen to values--Right now, what kind of person do you want to be?
- 🌀 **D** –Decide on actions and do them. Choose actions that will reflect your values

# The trap

Breathing Deeply and Slowing Down

Observing (our attempts to escape the present)

Listening to your values

Deciding on actions and doing them



**Feeling out of control**

**Stress**

**Feeling not-good-enough**

**Fear of failure**

**Fear of intimacy**

**Hunger**

**Self-hatred**

**Fatigue**

**Feeling rejected**

**Anxiety**

**Loneliness**

**Insecurity**

**Cravings**

**Anger**

**Guilt**

**Shame**

**Frustration**

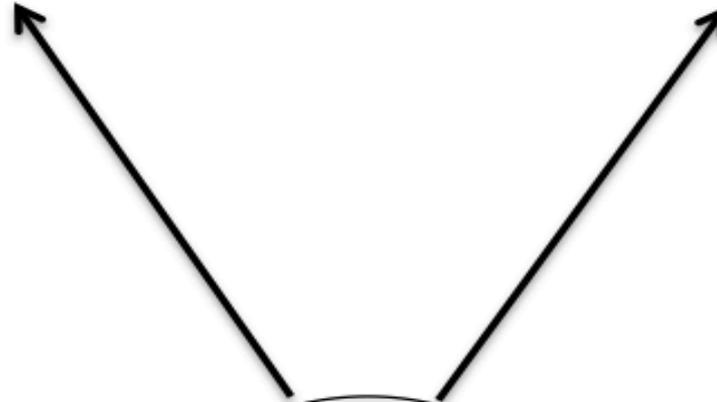
**Sadness**

## **'AWAY'**

Moving away from the life outcome you want, acting *ineffectively*, behaving *unlike* the person you want to be

## **'TOWARDS'**

Moving towards the life outcome you want, acting *effectively*, behaving *like* the person you want to be



**Choice  
Point**

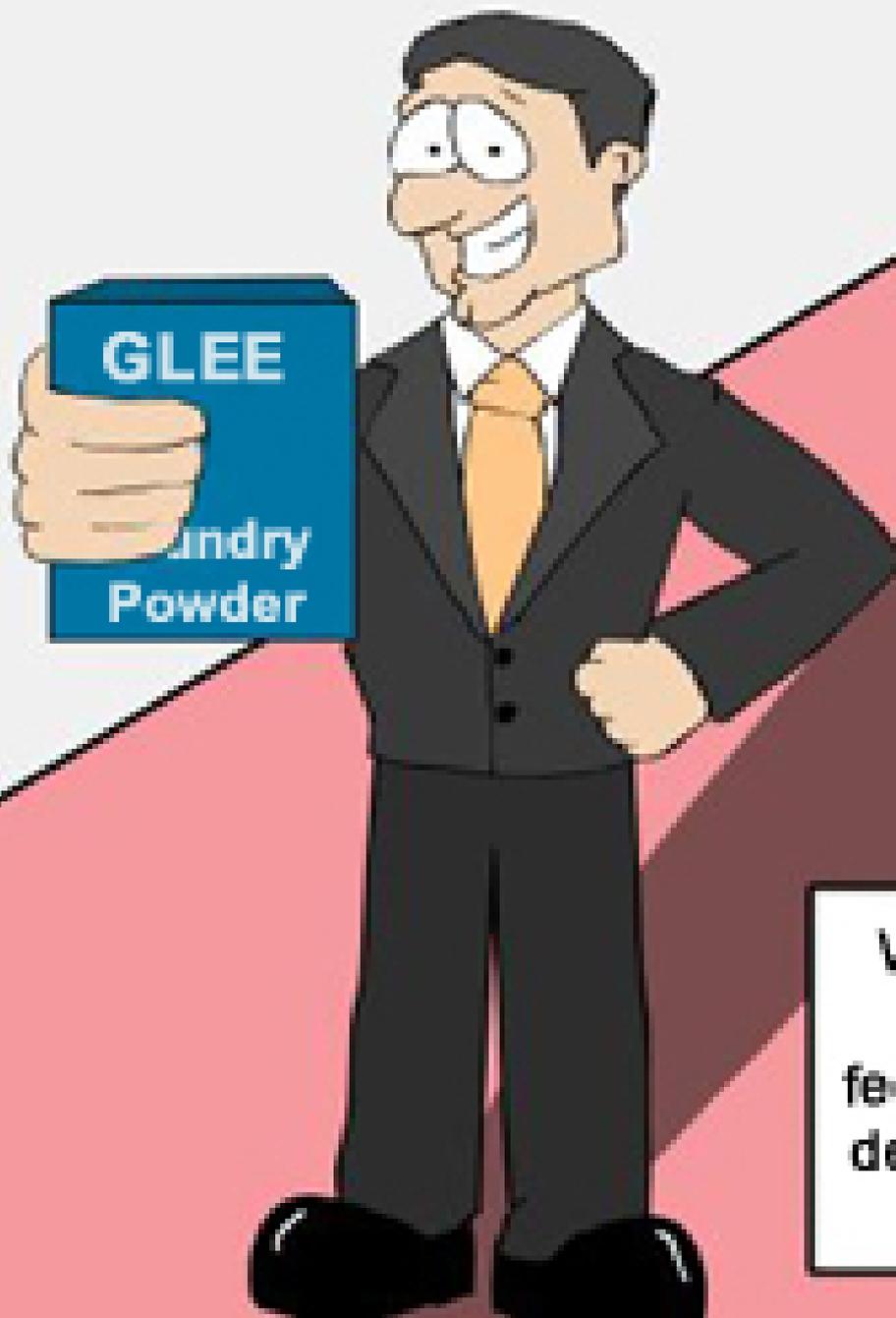
**Difficult feelings, thoughts, and sensations**

**Write down a few feelings or thoughts you don't want to have.**

**They can be related to exercise/diet, or to life in general**

**Values you want to live by, and skills/ strengths can you use**

**Challenging Situation**



When I get that "not-so-fresh,  
my-world-is-about-to-end"  
feeling...I just use Glee laundry  
detergent and ALL my troubles  
go away!



I just  
can't handle  
you being so  
negative!

A cartoon illustration showing two men on a grassy cliff edge. The man on the left is wearing an orange shirt and green shorts, looking down with a sad expression. The man on the right is wearing a red shirt and green pants, looking surprised with his mouth open. A wooden bridge with a lattice structure extends from the cliff edge to the right. The background is a bright blue sky with white clouds.

**You can't let  
this get you down.  
Just push the  
negative thoughts  
away**

**You can  
beat this if you  
stay positive**



A cartoon illustration showing a man and a woman in a car driving on a road. The car is orange and has a license plate that reads 'AEB 075'. The man is wearing a red shirt and glasses, and the woman is wearing a red shirt and glasses. They are looking towards a large, yellow and orange nuclear mushroom cloud that is rising from a green hill in the background. A speech bubble from the man says, "You have to take a positive attitude!". The sky is blue with white clouds.

**You have to  
take a positive  
attitude!**

**What do you do to make  
yourself feel better?**

**Try to figure it all out**

**Beat myself up**

**Avoid thinking about things**

**Fantasy about better times**

**Sleep**      **Go shopping**      **Daydream**

**Do something distracting**      **Pray**

**Surf the internet**      **Exercise**

**Drink Alcohol**

**Take drugs**

**Procrastinate**      **Eat unhealthy food**

**Think positively**

**What do you do when  
others make you feel  
distressed**

**Play strong: pretend to be tough**

**Play the clown**

**Become super-nice**

**Become a clam. Close down**

**Go cold and distant**

**Play the injured role**

**Argue a lot**

**Play small**

**Act like I don't care**

**Get mad at people**

**Say nothing**

**Avoid public places**

**Keep others from knowing how bad things are**

Diet  
Exercise



Sad  
Anxiety  
Fear  
Insecurity  
Anger  
Self-doubt  
Self-hatred



Food



Hah!  
I've beaten  
him!

# Why is control so difficult for me?

- Don't think about .....
- Fall.....



If you  
don't paint my  
house...I'll  
shoot!



Ok. If it indicates anxiety, I will have to shoot.

# Exercise

- Recognize the strategies that drain you

## **'AWAY'**

Moving away from the life outcome you want, acting *ineffectively*, behaving *unlike* the person you want to be

## **'TOWARDS'**

Moving towards the life outcome you want, acting *effectively*, behaving *like* the person you want to be

Write down unhelpful  
Emotion control strategies  
here

**Difficult feelings, thoughts, and  
sensations**

Write down a few feelings or  
thoughts you don't want to  
have.  
They can be related to  
exercise/diet, or to life in  
general

**Choice  
Point**

**Values you want to live by, and skills/  
strengths can you use**

**Challenging Situation**

## 'AWAY'

Moving away from the life outcome you want, acting *ineffectively*, behaving *unlike* the person you want to be

Emotional eating  
Avoid health behavior  
Comfort eating  
Procrastination  
Eating to assert  
Drinking, exercising  
Distraction, opting out,  
Suppression  
Anorexia, bulimia

Difficult feelings, thoughts, and sensations

Stress, Lonely  
Afraid of illness, death  
Feeling uncared for, Angry  
Sad, Feeling out of control

## 'TOWARDS'

Moving towards the life outcome you want, acting *effectively*, behaving *like* the person you want to be

Avoid

Values you want to live by, and skills/  
strengths can you use

Challenging Situation

# Recovering your strength

Breathing Deeply and Slowing Down

Observing

Listening to your values

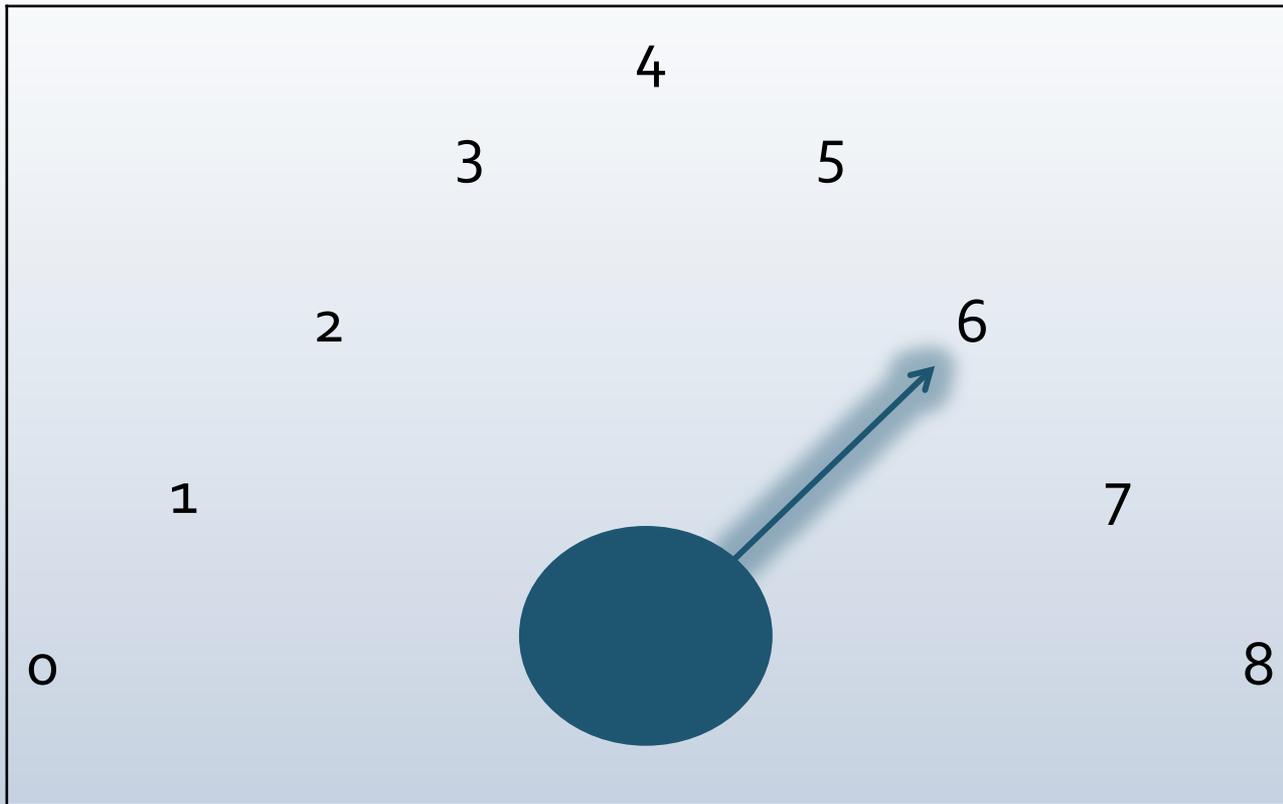
Deciding on actions and doing them



**BRACE YOURSELF  
It's going 'round again!**



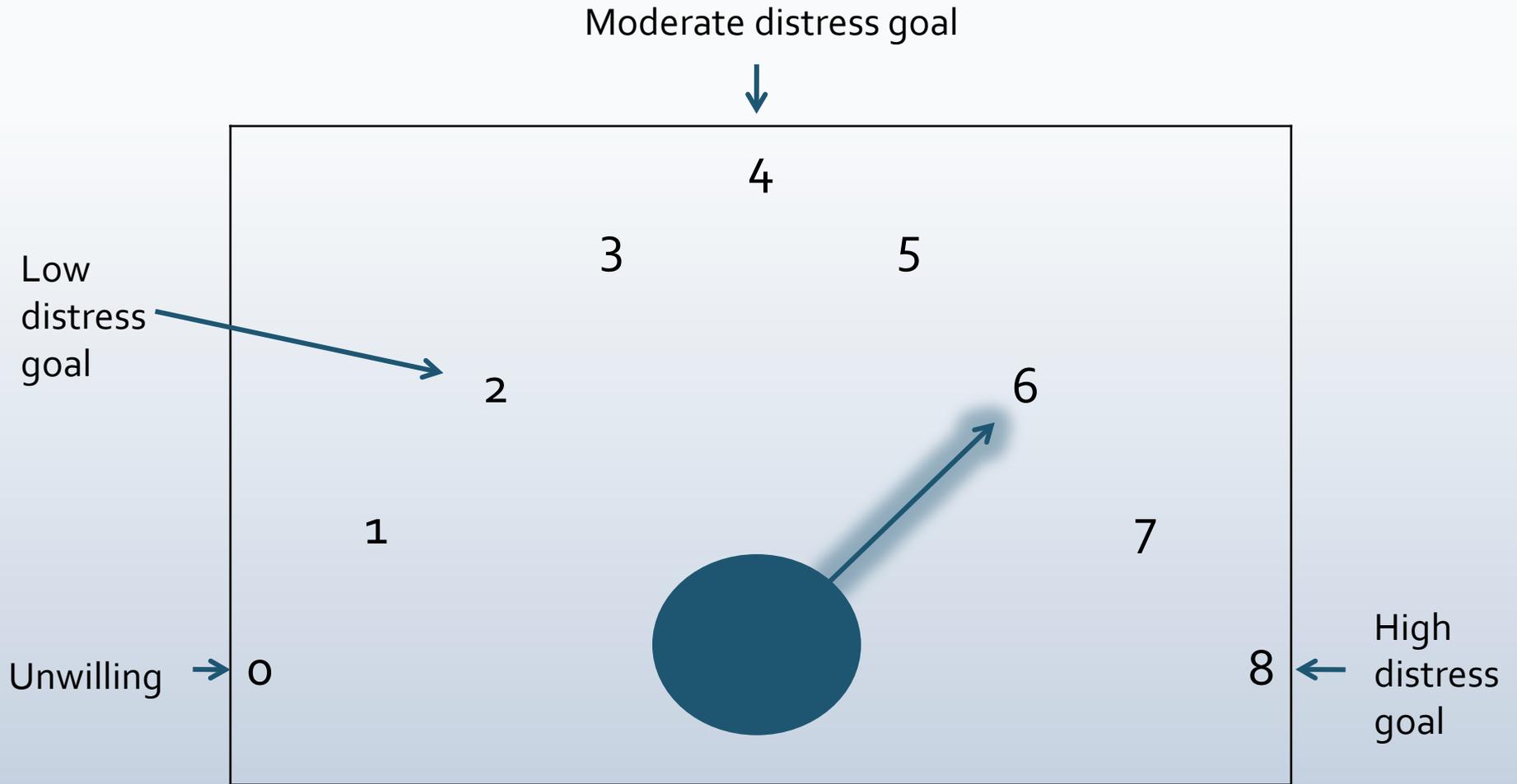
# The distress scale



*Turning to face my fear,  
I meet the warrior who lives within.*

Jennifer Paine Welwood

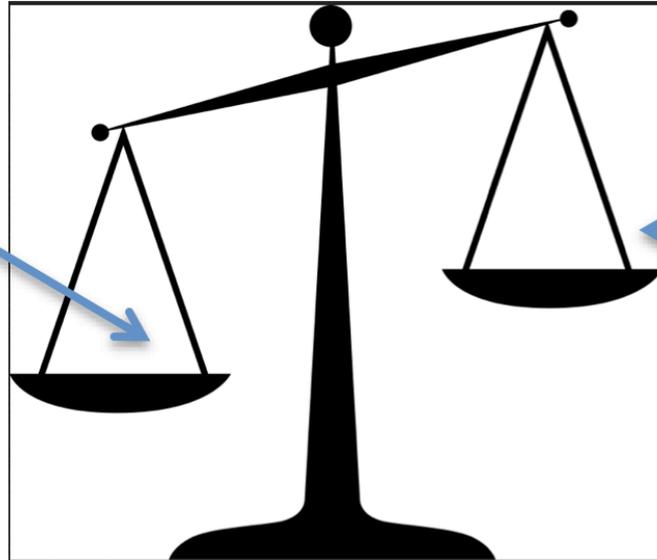
# Willingness scale



Embarrassment

Feeling of time  
pressure

Insecurity



Exercise at public  
gym

60 minute workout

Embarrassment

Feeling of time  
pressure

Insecurity

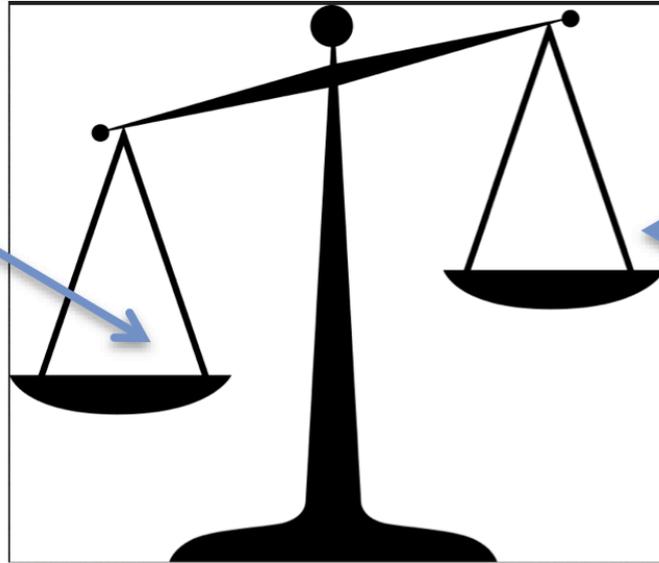


Exercise in private

15 minute workout

Not feeling  
special

Feeling lonely



Lose weight to  
please others.

Don't eat the high  
calorie treat

Not feeling special  
Feeling lonely



Lose weight to keep myself healthy and increase enjoyment of life  
Don't eat the high calorie treat

# The alternative to control: Willingness

- Willingness is a choice
- Willingness is like an all-or-nothing jump
- Willingness is not “grit your teeth” and bear it
- Willingness does not mean “wanting.”
  
- Examples of willingness

# Why exercise?

- Away versus toward move
- Exercise: Is exercise a control move, a vital move, or both?

# Why diet?

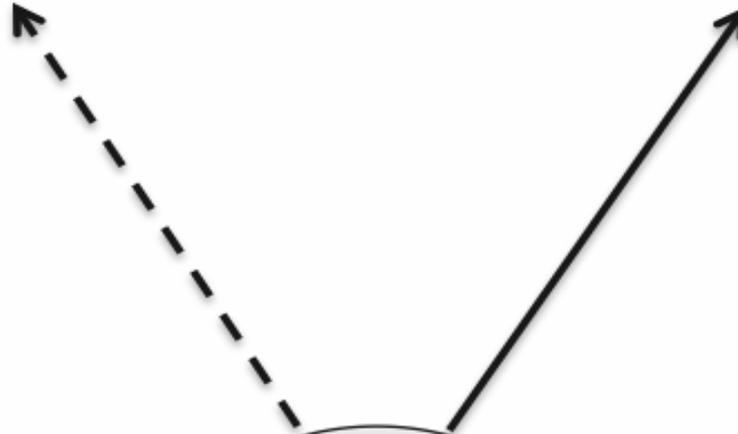
- Away versus toward move
- The perfect house metaphor

## **'AWAY'**

Moving away from the life outcome you want, acting *ineffectively*, behaving *unlike* the person you want to be

## **'TOWARDS'**

Moving towards the life outcome you want, acting *effectively*, behaving like the person you want to be



**Willingness**

### **Difficult feelings, thoughts, and sensations**

Stress, Lonely  
Afraid of illness, death  
Feeling uncared for, Angry  
Sad, Feeling out of control

### **Values you want to live by, and skills/ strengths can you use**

Am I willing to have these feelings, in order to move “toward” what I want?

If yes, then allow feelings to come and go like weather, breath in and around them, make space for them

<b>If you hope to lose weight:</b>	<b>Do more of this</b>	<b>Do less of this</b>
Willingness	Eat and exercise for joy and satisfaction	Eat to control stress, loneliness, or other emotions. Exercise to escape guilt
Defusion		
Self-kindness		
Mindfulness		
Values		
Commitment		

# Defusion

Breathing Deeply and Slowing Down

Observing (our “verbal advisor”)

Listening to your values

Deciding on actions and doing them

# Get to know your verbal advisor



# Meet your advisor

1. Give your advisor the microphone
2. What kind of advisor survives?
3. Go to extremes
4. Is advisor all powerful?
5. Advice advice advice
6. Take your advisor on a journey



The two worlds: One conjured by our advisor, the other by physical sensation



“The world is a cold place”



The physical world

## Advisor space

Figuring out

Problem solving

Explaining

Judging, Blaming

Evaluating



## Noticing space

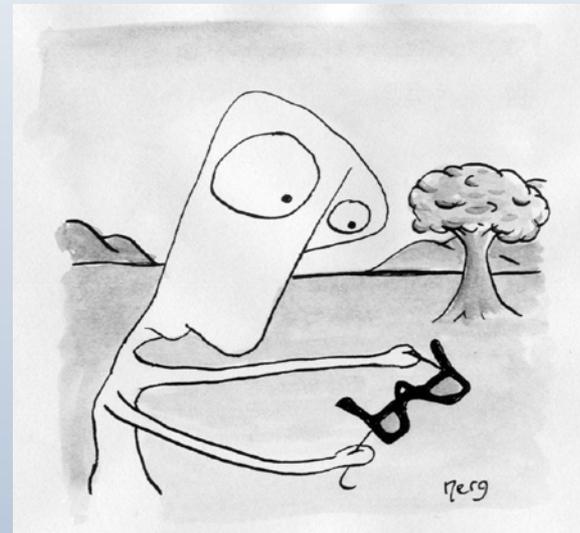
Stop, step back, observe

Notice breath, scan body

Right now, I am feeling.....

Right now, I'm having the  
thought that.....

My advisor is.....



# Inflexible control of diet

- Diet rules and food evaluations can lead to inflexibility
- Inflexibility associated with
  - Higher weight
  - Higher likelihood of binging
  - Lower probability of successful weight reduction during a 1-year weight reduction program

# Diet inflexibility and mindlessness

- Diet rules dominate
- All or nothing blinkers go on
- Body feedback ignored
- Narrowing of valued-activity: Everything sacrificed to diet

## **'AWAY'**

Moving away from the life outcome you want, acting *ineffectively*, behaving *unlike* the person you want to be

## **'TOWARDS'**

Moving towards the life outcome you want, acting effectively, behaving like the person you want to be

Fail to live to ideal, make excuses

Advisor  
in Charge

### **Difficult feelings, thoughts, and sensations**

I must forbid myself certain foods  
Guilt is my best motivation  
I need to deprive myself  
I need something quick and easy  
I need the perfect diet

### **Values you want to live by, and skills/ strengths can you use**

**Challenging Situation**

# Flexible control of diet

- Flexible means “more” or “less” approach to food instead of an “all” or “nothing ” approach
- Flexible means paying attention to your body, rather than letting diet rules dominate your thinking
- Flexible means being sensitive to all the things that are important to you

## **'AWAY'**

Moving away from the life outcome you want, acting *ineffectively*, behaving *unlike* the person you want to be

**Acting stuck ,  
making  
excuses, failing  
at goals, giving  
up**

**Difficult feelings, thoughts, and  
sensations**

**I can't do it, its too hard  
I'm not good enough  
I don't deserve it  
My body is ugly  
What if I fail?  
I don't have the  
motivation**

## **'TOWARDS'**

Moving towards the life outcome you want, acting *effectively*, behaving *like* the person you want to be

**Values you want to live by, and skills/  
strengths can you use**

**Advisor  
in charge**

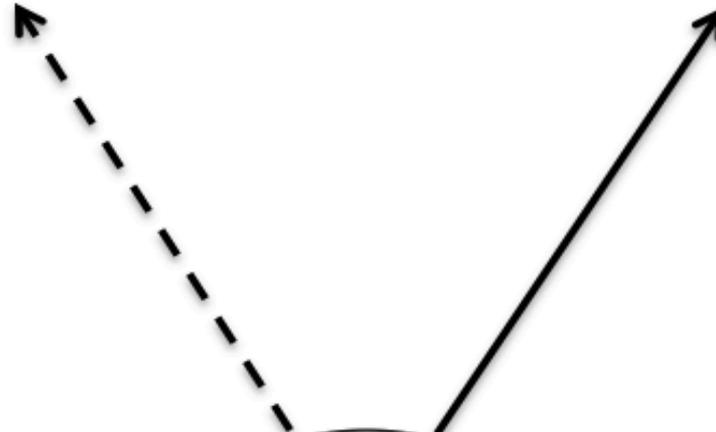
**Challenging Situation**

## **'AWAY'**

Moving away from the life outcome you want, acting *ineffectively*, behaving *unlike* the person you want to be

## **'TOWARDS'**

Moving towards the life outcome you want, acting *effectively*, behaving *like* the person you want to be



Noticing

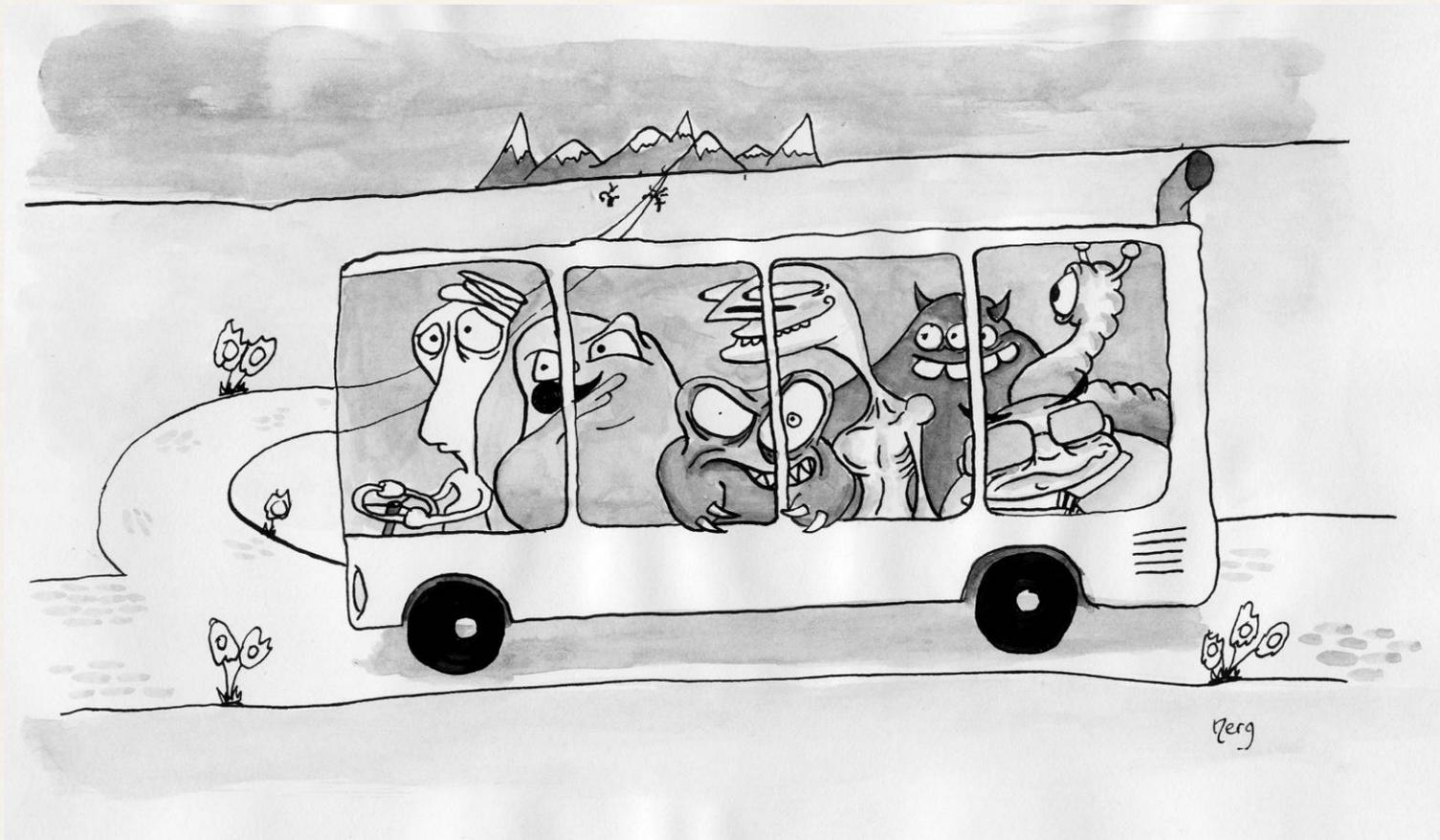
### **Difficult feelings, thoughts, and sensations**

I can't do it, its too hard  
I'm not good enough  
I don't deserve it  
My body is ugly  
What if I fail?  
I don't have the motivation

### **Values you want to live by, and skills/ strengths can you use**

Step back and observe your thoughts. Write them down. Play with them.

Never mind your advisor if it does not help you. Carry your advisor as you move in valued way



<b>If you hope to lose weight:</b>	<b>Do more of this</b>	<b>Do less of this</b>
Willingness	Eat and exercise for joy and satisfaction	Eat to control stress, loneliness, or other emotions. Exercise to escape guilt
Defusion	Create wise distance from rigid diet rules and excuses	Follow rigid diet rules. Let excuses dominate
Self-kindness		
Mindfulness		
Values		
Commitment		

# **Self-kindness**

# **Self-assessment: How critical is my advisor**

**Are you afraid of self-compassion?**

1. If I am kind to myself, I will become a weak person
2. If I accept my flaws, I will become someone I don't want to become
3. If I am kind to myself, my standards will drop
4. If I accept my flaws, then bad things will happen
5. I don't deserve compassion
6. I need to beat myself up to stay disciplined
7. If I am kind to myself, I will start eating unhealthy foods
8. I motivate myself through self-criticism

**Does being nice to yourself make you  
weak-willed?**



**Working for an abusive boss**

# The benefits of self-compassion

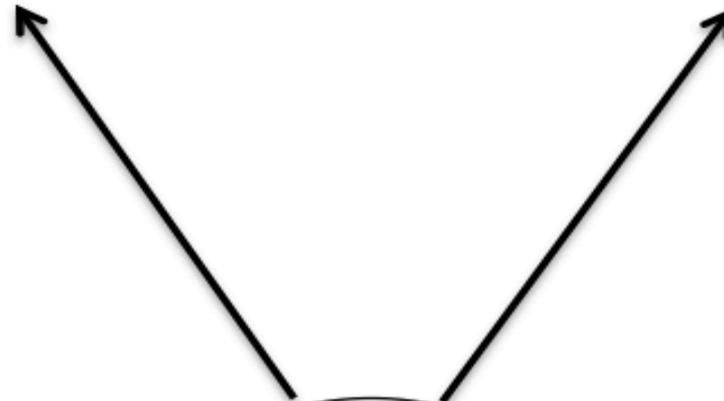
- Authentic motivation to exercise
- Higher well-being
- Better response to negative life events
- Better response to failure, and more motivation to improve self

## **'AWAY'**

Moving away from the life outcome you want, acting *ineffectively*, behaving *unlike* the person you want to be

## **'TOWARDS'**

Moving towards the life outcome you want, acting *effectively*, behaving *like* the person you want to be



Self-compassion

### **Difficult feelings, thoughts, and sensations**

What's wrong with me  
I always fail  
I'm weak  
I'll never lose weight

### **Values you want to live by, and skills/ strengths can you use**

#### **Practice self-kindness**

1. Recognize all people fail at their goals
2. Make space for the self-criticism
3. Treat myself with kindness in this tough time
4. Recommit to my values

**Challenging Situation**

If you hope to lose weight:	Do more of this	Do less of this
Willingness	Eat and exercise for joy and satisfaction	Eat to control stress, loneliness, or other emotions. Exercise to escape guilt
Defusion	Create wise distance from rigid diet rules and excuses	Follow rigid diet rules. Let excuses dominate
Self-kindness	Be kind and compassionate towards yourself when you fail	Be hard on yourself. Abuse yourself and try to figure out how you are “not good enough”
Mindfulness		
Values		
Commitment		

# Awakening to Freedom

Breathing Deeply and Slowing Down

Observing (our relationship with food)

Listening to your values

Deciding on actions and doing them



# Using mindfulness: hungry versus non hungry eating

- Non-hungry eating often an “away” move, an attempt to get away from unpleasant feelings
- Non-hungry eating also occurs because of habit (clock tells us its time), because its there, or because we simply miss our fullness signals
- The antidote to both of these is Observing and Willingness
- Hunger meditation

## Hunger

## Craving

Driven by bodies needs

Something in environment triggers it (e.g., site of chocolate)

The feeling does not go away if you wait it out

The craving often goes away if you do nothing

The sensations intensify over time

The sensations do not intensify

Nothing you do will take away the feeling of hunger except eating

Doing something else will end the craving e.g., engaging in a valued activity

Almost any food will alleviate hunger

Only one food will alleviate craving

# Craving meditation

- Stop
- Step back
- Observe
- Describe

# Using mindfulness: Hunger versus craving

- We don't *have* to eat when we crave
- Freedom: Become aware of craving, become aware of choice points
- With mindfulness: You can then choose to indulge the craving totally, indulge a little, or decide not to indulge the craving
- Without mindfulness: Slave to craving

# Mindful eating Tips

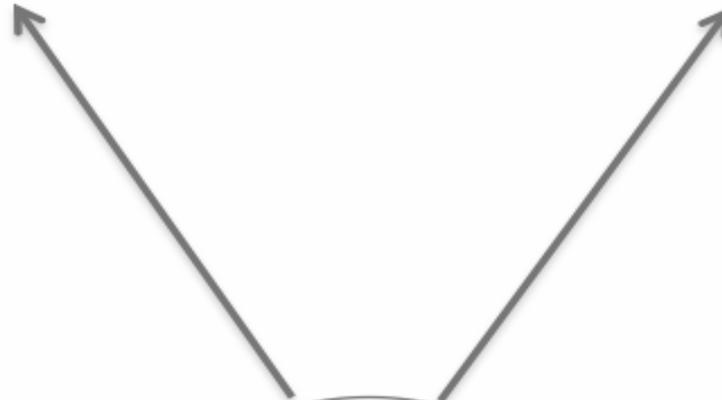
- Observe response to food, notice judgment and step back (unhook)
- Slow down pace of eating
- Eat away from distractions
- Observe body's hunger and fullness cues, use these cues to guide decision to begin and end eating
- Eat food that is both pleasing and nourishing by using all of the senses
- Get fully involved in food. Be curious about the varieties of vegetables, fruits, legumes, etc.

## 'AWAY'

Moving away from the life outcome you want, acting *ineffectively*, behaving *unlike* the person you want to be

## 'TOWARDS'

Moving towards the life outcome you want, acting *effectively*, behaving *like* the person you want to be



### Difficult feelings, thoughts, and sensations

Distress, loneliness, stress, anger, sadness, guilt, frustration

Hunger  
Cravings

### Values you want to live by, and skills/ strengths can you use

1. Trusting and valuing our bodies
2. Distinguishing between feelings and hunger signals
3. Distinguishing between cravings and hunger
4. Recognizing different levels of fullness
5. Surfing the craving wave

**Challenging Situation**

If you hope to lose weight:	Do more of this	Do less of this
Willingness	Eat and exercise for joy and satisfaction	Eat to control stress, loneliness, or other emotions. Exercise to escape guilt
Defusion	Create wise distance from rigid diet rules and excuses	Follow rigid diet rules. Let excuses dominate
Self-kindness	Be kind and compassionate towards yourself when you fail	Be hard on yourself. Abuse yourself and try to figure out how you are “not good enough”
Mindfulness	Become aware of your hunger cues. Distinguish cravings from hunger. Eat mindfully	Be hard on yourself. Abuse yourself and try to figure out how you are “not good enough”

# Ecourse coming!

- Practice recognizing hunger versus cravings
- Learn to eat when hungry. Learn to stop eating when comfortably full
- Develop your personalized craving plan and test it out

# A life with purpose

Breathing Deeply and Slowing Down

Observing

Listening to your values

Deciding on actions and doing them

# **Card sorting task: guiding principles**

# Sort into three piles.

## Piles don't have to be equal.

Least  
Important  
to me

Moderately  
important  
to me

Extremely  
important  
to me



# Values Are Not:

- Rules, commandments, or codes of conduct
- What you want or need from others
- 'Shoulds' or 'musts'
- Obligations

# Properties of Values

- Here and now
- Freely chosen
- Dynamic and evolving
- Never completed

# Properties of Values

- Often need prioritising
- Never need justifying

**'AWAY'**

Moving away from the life outcome you want, acting *ineffectively*, behaving *unlike* the person you want to be

**'TOWARDS'**

Moving towards the life outcome you want, acting *effectively*, behaving *like* the person you want to be

Goals

AND

**Difficult feelings, thoughts, and sensations**

**Values you want to live by, and skills/ strengths can you use**

Why do I value this goal?

If I achieve goal, how will it support other aspects of my life? I.e., what is health for.

**Challenging Situation**

# Examples of health values

- *Engaging in exercise; playing sport; caring for myself;*
- *Striving to be active, mobile, have strength, endurance, flexibility, and manage physical tension effectively;*
- *Striving for positive appearance*
- *Challenging myself; Running; Lifting; Playing; Dancing*
- *Enjoying healthy food;*
- *Striving to eat in a way that promotes sustained energy and healthy immune function*

# BOLD skills for living

Breathing Deeply and Slowing Down

Observing

Listening to your values

Deciding on actions and doing them

# Goals

- Goals are concrete actions that let you know you are engaging in your valued direction
- Best goals are specific and achievable

# How important are these goals to you?

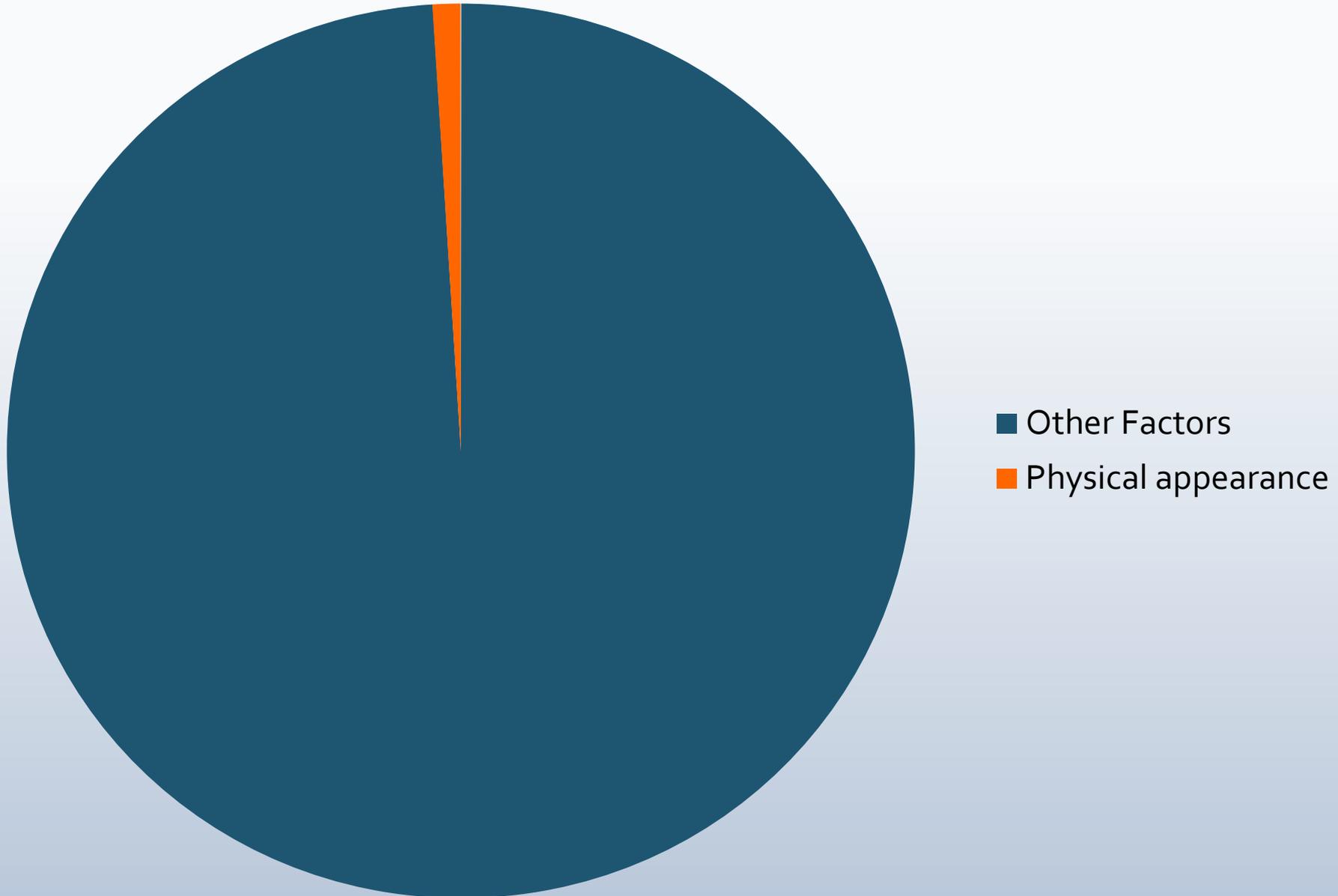
- To have people comment on how attractive I look
- To successfully hide the signs of aging
- To have an image that others find appealing
- To achieve the “look” I’ve been after







# Happiness



# Why wait for weight to change?

- You can be more or less healthy at any size
- Excessive focus on weight loss can lead you to neglect other health goals

# How important are these goals to you?

- To be physically healthy
- To feel good about my level of physical fitness
- To keep myself healthy and well
- To have a physically healthy lifestyle



Kery

# Three types of health goals

- Improving diet
- Increasing exercise
- Reducing sedentary behavior

If you hope to lose weight:	Do more of this	Do less of this
Willingness	Eat and exercise for joy and satisfaction	Eat to control stress, loneliness, or other emotions. Exercise to escape guilt
Defusion	Create wise distance from rigid diet rules and excuses	Follow rigid diet rules. Let excuses dominate
Self-kindness	Be kind and compassionate towards yourself when you fail	Be hard on yourself. Abuse yourself and try to figure out how you are “not good enough”
Mindfulness	Become aware of your hunger cues. Distinguish cravings from hunger. Eat mindfully	Ignore your body signals. Confuse cravings for hunger. Eat Mindlessly
Values	Clearly connect weight loss goals to values.	Let weight loss goals dominate all other goals and values
Commitment		

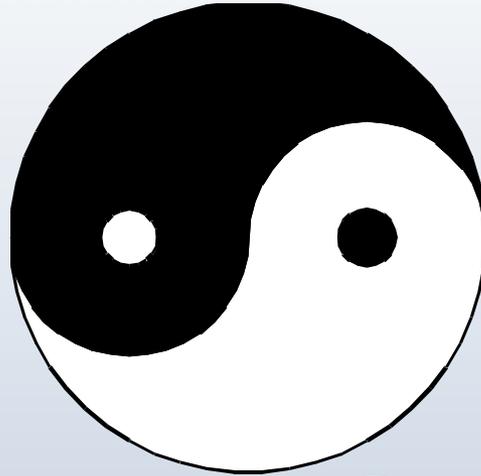
**Lasting  
commmitment**

# Boosting your ability to make hard choices

1. Exercise
2. Get enough sleep
3. Slow breathing
4. Don't starve yourself

# The yin and yang of goal striving

Difficulties



Benefits

# Five steps to changing your life

- 1) Identify guiding value
- 2) Set specific and achievable goals
- 3) Identify benefits to goal achievement
- 4) Identify difficulties that might stand in way of goal achievement
- 5) Make commitments

**What happens when you fail  
at your health values**

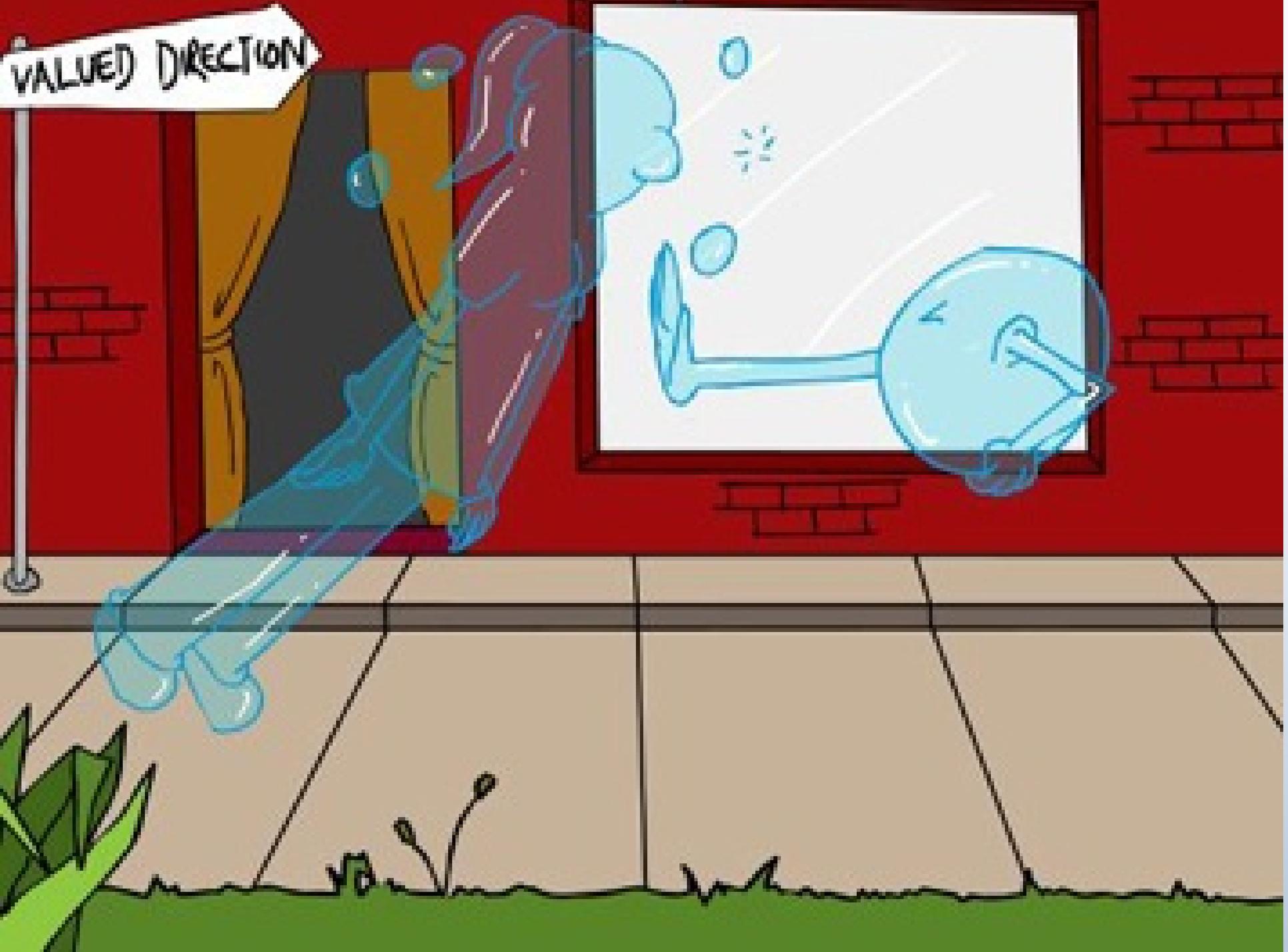
# Return return return

- Self-compassion
- Dignity is not in staying on your path all the time. This is impossible.
- Dignity is found in returning to your path

**What do you do when you don't  
feel motivated to eat healthy or  
exercise?**



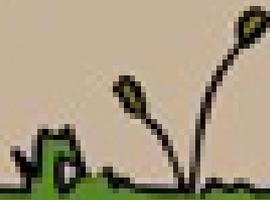
VALUED DIRECTION



VALUED DIRECTION



VALUED DIRECTION



# Can your life be extraordinary?

- Reason

- Faith

If you hope to lose weight:	Do more of this	Do less of this
Willingness	Eat and exercise for joy and satisfaction	Eat to control stress, loneliness, or other emotions. Exercise to escape guilt
Defusion	Create wise distance from rigid diet rules and excuses	Follow rigid diet rules. Let excuses dominate
Self-kindness	Be kind and compassionate towards yourself when you fail	Be hard on yourself. Abuse yourself and try to figure out how you are “not good enough”
Mindfulness	Become aware of your hunger cues. Distinguish cravings from hunger. Eat mindfully	Ignore your body signals. Confuse cravings for hunger. Eat mindlessly.
Values	Clearly connect weight loss goals to values.	Let weight loss goals dominate all other goals and values
Commitment	Recognize benefits and barriers to goals. Generate if-then plans to overcome barriers. Re-engineer your environment	Set goals haphazardly. Don't anticipate barriers or benefits. Put self into environment where mindless eating is likely.