**Mindful and Intuitive Eating Video Script**

**Slide 1**

The terms Mindful Eating and Intuitive Eating are often used interchangeably, but even though they are connected, they aren’t the same thing.

**Slide 2**

So, in this video we’ll take a closer look at the core principles of both Mindful and Intuitive Eating, why they may be good tools for managing IBS symptoms and which one could be most helpful for you.

**Slide 3**

We’ll start with Mindful Eating, because as you can see from the slide it’s a good strategy for everyone, even if they aren’t suffering from a chronic condition. And it’s even better for people with IBS, because it addresses a number of triggers for IBS symptoms.

**Slide 4**

Mindfulness techniques date back to ancient Buddhism. In a nutshell, mindfulness means focusing on the present moment, calmly acknowledging and accepting your feelings, thoughts and bodily sensations without judgement.

**Slide 5**

Applying these mindfulness techniques to eating means that you purposely pay attention to your eating experience. This means the time you spend eating, but could also include grocery shopping and food prep and even the health of the planet.

**Slide 6**

To eat mindfully means actually thinking about your relationship to food and perhaps asking yourself some questions.

* Why are you eating? Hunger, stress, boredom?
* Where are you eating?  In a calm place or at your desk surrounded by stressors?
* When are you eating?  At a proscribed time of day or when your body tells you to?
* What are you eating?  Tasteful food that will fuel your body or whatever is handy?
* How are you eating?  Slowly to savour your food or just shovelling it down?
* How much are you eating?  Enough to satisfy your hunger or too much for comfort?

**Slide 7**

Mindful Eating strengthens the connection between your body and your mind, between your gut and your brain. IBS is a disorder of the gut/brain interaction and mindful eating can help to improve communication between your gut and both the thinking and feeling parts of your brain, primarily by reducing stress around meal times. It can also lead to a better understanding of your food habits and help you to make positive changes in your eating behaviors. IBS symptoms are affected not only by what you eat, but also how you eat.

**Slide 8**

Mindful Eating is a concept, rather than a set program, so descriptions of it aren’t identical, but most often they share these core principles.

**Pay Attention to Hunger and Fullness Cues**

Eat when you're hungry and stop when you're full.  Hunger pangs or overeating can be a trigger for IBS symptoms, because people with IBS are more sensitive to pain and sensations in the GI tract.

**Practice Gratitude Before Your Meal**

Practicing gratitude can help you manage stress, a big trigger for IBS symptoms.  Consciously thinking about what you have to be thankful for helps to put the current situation that is causing you stress into perspective and helps to calm the mind.

**Minimize Distractions**

Try to eat in a calm and inviting place.

​Distractions like working or watching the news can elevate stress levels, make food less satisfying, prompt faster eating which could lead to overeating and make it harder to listen to hunger and fullness cues.

**Eat Slowly and Chew Thoroughly**

Eating slowly gives your GI tract time to get prepared for digestion and gives your stomach a chance to tell your brain when it's had enough.

​Chewing your food thoroughly (30 chews per bite) can help you slow down and also aids digestion in other ways

**Use All Five Senses**

Taking the time to experience food through all your senses can also help you to slow down and may help you to identify emotions surrounding eating.  For example, fear of foods linked to previous bad experiences.  This may help if you are trying to figure out your IBS trigger foods or if you decide to try the FODMAP diet.

**No Judgement**

To eat without judgement means to observe your thoughts and feelings and to accept them without criticism, shame or guilt.  Whether we are aware of it or not, many of us have a running internal dialogue when it comes to food.  If the conversation is negative - this food isn't healthy, I shouldn't be eating this - it can add a lot of stress to our meals.

​**Slide 9**

Intuitive Eating is a program developed in the 1990's by two dietitians - Elyse Resch and Evelyn Tribole. It focuses on freeing people from damaging beliefs about food, often from diet culture, body positivity and self-compassion.

**Slide 10**

So which strategy should you use?

Mindful Eating is an excellent strategy for everyone with IBS. Good eating habits aid digestion and reducing stress and improving communication between the gut and the brain can help calm IBS symptoms.

Intuitive Eating can be helpful if you have harmful beliefs about food and your body. For example, if you have been a victim of diet culture and as a result have developed disordered eating patterns or struggle with emotional eating or poor body image.

You can find more detailed information and useful links by scrolling down the page or clicking the links above.