Training #3

LETS GET PHYSICAL

Mind Over Muffin
by Leanne Lisbon

Training #3

Hey Lovely, welcome to Training #3 of The Crush Emotional Eating Challenge. This week is all about changing your perception of the way you approach nourishing and moving your body.

In this workbook you'll find some questions and exercises to go with the video. Make sure you watch the video first.

Takeaways from the video

After watching the video from this week what are your biggest takeaways? What did you resonate with? What light bulb moments did you have?

Nourishment

My aim for you is to move away from restrictive diet plans that tell you how and what to eat. For me in the past I was obsessed with calorie counting, diets and exercised every single day but never really got anywhere because the intention behind why I was doing it was not a positive one.

I was desperate to change my body because I was so unhappy with how I looked and so my intention was to get away from how

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it made me feel. I was stressed to the max and so disconnected from my body.

* I want to point out here that for some people tracking their food and counting calories can work as a system for monitoring IF and only if you do not have an emotional attachment to the outcome. If you can be ok with going over your calories and not beating yourself up, then great. But for me it kick started a terrible relationship and battle with food and I know this is the same for a lot of women out there. There is also a difference between eating a healthy calorie allowance and one that is set so low that you are destined to be starving the whole time so if you do use a tracking system make sure it's a healthy one.

Remember your body intuitively knows what it needs to eat. Just like every other animal in the wild that is born with that instinct of knowing exactly what to do to survive, what to fuel it's body with, we have that too, but have lost the connection to this in today's world.

For me eating a plant based diet not only feels good for me and my body but it aligns with my values around animals too, win win. I've seen incredible things happen in all areas when my clients transition to a plant based diet (way of eating not 'diet diet') or at least to eating clean and natural.

What comes up for you when you think about filling your meals with natural foods?

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What are your thoughts on eating plant based and why?

Remember…

Eat crap = feel crap
Eat good = feel good

What foods make you feel crap? (Consider physically, emotionally and mentally)

What foods make you feel good in your body, mind and energy when you eat them?

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What foods make you feel guilty after eating them?

What changes would you like to make to what you choose to fuel your body with?

What does eating form a loving nourishing place look like for you?

What is your intention for eating well?

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Change of perspective in terms of nourishment.
Instead of thinking of what you 'should' and 'shouldn't' eat in terms of calories and diet plans, go with what FEELS good in your body and then follow that feeling. Your body knows!

Movement

YOUR BODY IS MADE TO MOVE. It needs to move. Getting your energy moving is vital for your health, happiness and well being!

Moving your body will not only help you create more physical energy in the body but it can stimulate the mind, release emotion and change your state of being FAST!

Oh and exercise doesn't mean just being in the gym, if you love the gym, awesome, but if you don't, do something you love. It's SO important that you're excited to do the exercise and that the intention behind it is a positive one!

What is your intention for moving your body?

In what ways would you benefit from moving more?

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What would you love to do to move your body?

When could you implement this activity this week?

Change of perspective in terms of movement.
Choose to move your body to shift your energy.
Ensure your intention is positive – to take care of your body and love it.
Do whatever is fun and whatever you love!

Environment

Your environment has a direct effect on how you feel. This means your surroundings, your home, your work place, or wherever you spend a lot of time.

This also means what you surround yourself with; people, social media, tv, radio etc. It's all having an impact on how you feel whether you realise or not.

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What is your environment like at home? Do you feel relaxed, stressed, on edge? Is it tidy or cluttered? What impact does this have on you?

Are there any changes you need to make here? If so what and when will you do it?

How do you feel after following certain people on social media? Do you feel uplifted or drained?

Are there any changes you need to make here? If so what and when will you do it?

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Who is in your circle? Who do you spend you time with and how do you feel after you spend time with them?

Are there any changes you need to make here? If so what and when will you do it?

Change of perspective in terms of environment.
Your environment is more than just the space in which you live, it's everything you're surrounding yourself with and it's all having an impact on how you're feeling and therefore your eating habits. You get to choose what you consume.

Challenges...

1. Go through your cupboards in the kitchen. What foods are there as back up in case of a binge? What foods don't make you feel good?

   It's time to let them go. Release them. Free up space in your kitchen for new fresh foods.

   Let us know in the group how you get on!

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2. Schedule some exercise sessions to get your body moving at least twice this week.

   What will you do and when?

3. Clear something in your environment. Pick a room, space, inbox, social media or anything in your life that is feeling cluttered…and declutter, unfollow…whatever you need to do to release some stuff, make space!

Share in the group what you do.

Leanne x x

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