TABLE OF CONTENTS



Essential Self-Care Nutrients
Table of Contents
Dedication and Special Thank You
Introduction
How to Get the Most Out of this Playbook

Essential Skill 1: Beginning Your Journey: Becoming Aware of the Big Picture

Evaluate your patterns and inner attitudes / 1

How do you begin your journey of personal changes with awareness of the big picture? / 1

How do you begin and continue to make lasting changes? / 3

Dieting vs. non-dieting: Healthy at any size approach / 5

What you plant is what you get: Your moment-by-moment choices shape your life / 7

Notice that everything in your life is interconnected / 9

Notice the complex web of holistic weight and health management / 10

Socio-ecological model: Looking beyond the Individual / 11

What are the factors that influence you? / 12

What's the process of beginning to make changes? / 13

A daily reminder / 14

Say YES to your wild and precious life / 15

If you would grow, shine the light of loving self-care on you! / 16

Intentions, aspirations, and affirmations for ourselves / 17

How can you become your own best friend by your choices today? / 18

Out of the darkness, into the light. Trust. Have hope! /19

Don't give up / 20

Bob's Story—Searching deeply for intertwined patterns / 23

Essential Skill 2: Cultivating Balance in Your Life

Feeling overwhelmed? Too many things to do? / 26
Help! I'm movin' too fast! I need to slow down! / 27
Getting to know your stress and how to management it / 34
On-the-spot stress managers / 35
Slow down! Take time / 37
How did Bob bring balance to his life? / 38
Resources to celebrate simplicity and balance / 39

Essential Skill 3: Becoming Your Own Lifestyle Self-Manager

Change? Who me? How? / 40
Learn from setbacks / 42
The Stages of Change model / 43
Keeping a food and lifestyle-choice journal / 45

Explore various types of diaries / 46

Good managers keep records / 47

Come up with a smart plan for making changes in your life / 47

Remember baby steps lead to success / 50

Daily personal 5-minute check-in / 51

Explore your eating patterns inventory: Your eating behaviors revealed / 53

Discover habit pattern substitutions: We form habits, then habits form us / 58

Explore habit pattern substitution / 59

Overcome your obstacles to healthful eating: Discover your solutions / 63

Invest in yourself: Invent a new life / 63

How are you doing? An assessment / 66

Cultivate a self-affirming inner awareness / 66

What was the key to Bob's ability to make changes? Bob's priceless discovery / 70

Essential Skill 4: Discovering the Power of FUN: Celebrating Enjoyable Ways to Be Active for Life!

The Power of FUN: Celebrate enjoyable ways to be active / 72

Tips for being more active / 73

Bob's workout / 74

What's the payoff? Why should I be active? / 75

Can everyone benefit from physical activity? / 76

How to overcoming barriers / 77

Tips for being more active or if you have been inactive for awhile / 81

Tips for avoiding activity induced injuries / 81

The anatomy of persistence: How does Bob (and how do you) keep going when injured? / 82

How Bob discovered fun ways to be active / 84

Resources to celebrate an active lifestyle / 85

Essential Skill 5: Cultivating a Sustainable, Healthful Plan of Eating

Where to begin and what to do / 87

Explore a foundation food plan / 88

The Healing Foods Pyramid: How much and what kind of body fuel do I need? / 89

Examples of serving sizes / 92

Healthy body-fuel self-assessment check-up / 93

Dietary approaches to stop hypertension / 94

How to fuel up your body throughout the day / 95

Example of a plan of eating to keep you healthy and frisky / 96

Keys to managing blood sugars and moods during our busy days / 97

Change your eating style and life—week by week, step by step / 98

Essential Skill 6: Planning and Preparing Delicious Recipes, Meals, and Snacks in a Hectic World

Plan a better menu and a healthier way of eating: Where and how to start / 102

What does Bob typically eat in any given day? / 105

Bob's healthy kitchen and pantry: What's in it? / 108

Celebrate healthful eating! Yum! Make it fun. Make it colorful. / 113

Breakfast ideas / 116

Lunchbox ideas / 118

Bob's strength-training food bag / 119

On-the-go packed lunches / 120

Mastering menu planning and snacks for hectic lives / 126

What's for Dinner? What's quick and easy? / 131

Quick menu ideas for home and on the go / 132

Stoveless quick meals / 133

Quick vegetarian main dish ideas / 134

Ways to eat more fruits and vegetables / 135

Celebrate salads: Bob's simplest salad mixtures / 139

The simplest snack of all / 140

Nutritious and yummy snacks / 143

Delicious vegetable, fruit, bean & grain recipes / 144

Explore recipe resources to find lots of mouth fun / 152

Menu planning sheets / 153

How Bob discovered new foods / 154

Essential Skill 7: Eating with Awareness and Pleasure

The principles of mindful eating / 156

Eating awareness training / 157

Setting the stage for mindful eating / 162

The grace of eating / 163

Listen to your body—body-fuel gauge / 165

Resources for mindful living and eating / 167

Essential Skill 8: Transforming Emotional Eating

Delve into healthy reasons and self-destructive reasons to eat / 169

The Horse of Habit: Exploring your habits and how to change them / 171

Do you experience a rain of feelings? / 174

Explore your circles of relationships: How do they affect you? / 177

Restoring balance from changing from the inside out / 179

Explore self-care to restore balance during hard times / 182

Practice kind discipline: Transform the "good/bad" paradigm / 183

Explore factors that influence how much we eat / 185

Understand your brain chemistry and food cravings and how they influence your body weight / 189

How to deal with crisis: Oh no, the computer or car crashes, or basement floods, or...! / 192

The ovals: Developing and maintaining a personal plan of eating / 195

Write your own weight story / 199

Help! I'm bingeing! How can I stop? The road of excess leads to the palace of wisdom! / 202

How did Bob transform his root causes of social isolation? / 204

Resources for transforming emotional eating / 208

Essential Skill 9: Self-esteem and Self-nurturing: Developing an Unconditional Friendship with Yourself

Mental nutrients: What to say when you talk to your self / 208

Self-esteem = Celebrating you! / 209

How to develop a loving, self-nurturing, inner voice for you! / 213

Explore nourishing affirmations! / 214

Loving-kindness: Learn to befriend ourselves and others / 218

Shine the light of self-care on yourself to transform inner pain / 221

Ideas for self-nurturing / 223

Nurture gratitude and appreciation / 226

Imagine your ideal day / 226

Bob's story: How did Bob transform depression and self-hatred? / 227

How Bob learned to cultivate emotional well-being / 235

Resources to celebrate self-nurturing and self- esteem / 242

Essential Skill 10: Seeking Support, Counseling, and Outside Resources

Getting the support that you need for your journey / 243

What are the challenges that derail your achieving a healthier weight and how can you transform them? / 243

What do you look for in selecting a holistic and healthy weight management program? / 245

Remain alert and attentive...Old habits return! / 248

Learn how to use therapeutic help for your journey / 247

The use of the 12-step programs, recovery groups, and recovery resources / 252

Essential Skill 11: Cultivating Daily Quiet and Personal Introspection Time

Cultivate your spiritual well-being / 256

Meditation—why and how—cleanse and train the mind / 259

Relax, observe, and allow / 261

Emotional/spiritual tune-up / 263

Out of hell: Into freedom thoughts / 265

Rules for being human / 269

Lessons in life for Bob and all of us / 269

A daily plan: a-e-i-o-u+y/271

Bob's exploration of the spiritual dimension / 272

Resources on meditation, mindfulness, spiritual cognitive therapy, and healing / 278

Essential Skill 12: Maintenance: Learning How to Cultivate Lifelong Well-Being

Discover and apply your own healthful lifestyle maintenance schedule / 279

Thoughts on maintenance / 284

21 steps to aging successfully! / 284

Discover how to keep going when you want to give up: Remember each day your motivation / 285

Bob-isms: Bob's sayings / 288 Epilogue: The Tree Story / 290

Appendix

Website Index of Articles / 291 Permissions / 297

Back Cover has information about where to order the playbook