Using Mindful Eating to Improve Diabetes Management: From Principles to Practice

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Using Mindful Eating
To Improve Diabetes Management
Putting Principles Into Practice

Michelle May, M.D.
Founder, Am I Hungry?® Mindful Eating Program
and
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Co-Founder, The Center for Mindful Eating

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Eat What You Love

Balance
- Eating for nourishment
- Eating for enjoyment

Love What You Eat

Mindful Eating
- Intention
- Attention

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Comprehensive Approach

Think
Conscious decision making using the Mindful Eating Cycle

Care
Education about diabetes self-management and preventing the associated complications

Nourish
Nutrition from a nonrestrictive, all-foods-fit perspective

Live
Physical activity that is enjoyable and can be integrated into daily life

Mindful Eating Cycle

Why?
Why do I eat?

Where?
Where do I eat my meals?

When?
When do I eat?

What?
What do I eat?

How much?
How much do I eat?

From Eat What You Love, Love What You Eat with Diabetes

Instinctive Eating Cycle

Why?
Why do I eat?

Where?
Doing my life

When?
When I am hungry

What?
What I need

How much?
How much to eat when hungry

How?
Hunger

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How to Break the Eat-Repent-Repeat Cycle
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The power of the pause...
Body-Mind-Heart Scan

Hunger and Fullness Scale
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Hunger and Fullness Scale with Hypoglycemia

Overlap Between Hunger, Hypoglycemia, and Hyperglycemia

Mindful Eating Cycle

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What Do I Eat?

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- Intention
- Attention

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Additional Resources

Diabetes and Mindful Eating Resources  
(Including Diabetes Plate & Fearless Blood Glucose Log)  
http://www.DiabetesAndMindfulEating.com/resources.html

Mindful Eating Articles for Patient Education  
http://AmIHungry.com/consumed.shtml

The Center for Mindful Eating  
http://www.tcme.org/

Thank you!

www.DiabetesAndMindfulEating.com

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