

UNC Wellness Centers

Talk to Me Tuesday

Mindset Matters: How To Be Mindful in the Midst of Crisis

June 30, 2020



5/20/20

Health Education Team:

Liz Watt, Clinical Dietitian

Britt Schuman-Humbert, Clinical Dietitian

Susan Chesser, Health Educator

Julie McNamara, Certified Health and Wellness Coach

Mindfulness

- What words come to mind when you are being 'mindful'?
- Definition
- Goal of mindfulness
- How do we do it?

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Mindful Eating

- How long does it take you to eat your dinner meal?
- How long should it take you to eat your dinner meal?
- What is your definition of physical hunger? Emotional hunger?
- What does mindful eating mean to you?

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Mindful Eating

- Identify emotional eating vs physical hunger
- Manage working from home
- Listen to your body

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Fact or Fiction

When we are mindful about eating, we stop emotional eating and overeating.

Fact or Fiction?

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Mental Flexibility

- Definition
- Ways to increase mental flexibility
 - Diet
 - Exercise
 - Thought stopping
 - Document options/solutions
 - Think before speaking

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Resources

- The Center for Mindful Eating
- www.thecenterformindfuleating.org

- Mindful
- www.mindful.org

- Mindful Breathing Technique
- <https://palousemindfulness.com/docs/STOP.pdf>

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Need additional support?

- Contact Julie at Julie.McNamara@unchealth.unc.edu
- Contact Susan at Susan.Chesser@unchealth.unc.edu

- **Virtual Nutrition Counseling is available.** New members receive a complimentary 30 minute session.

- **Web Wellness Program** – This 10-week program offers regular virtual support from the dietitian. The program starts with an initial virtual nutrition consultation and provides weekly support through email and electronic tracking methods.
 - Contact Liz at Elizabeth.watt@unchealth.unc.edu
 - Contact Britt at Britt.Schuman-Humbert@unchealth.unc.edu

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Coming Up Next!

July 7: 3 Simple Strategies to Build New Habits

We develop habits as a way to conserve mental energy. Join Personal Trainer Jacob Orndorff to learn how to be successful in creating new habits and modify habits that aren't serving your goals. Interactive session includes:

- Why habits are important
- How to modify and change them
- How to make habits stick

July 14: How to be Physically Active and Avoid Injury during the Pandemic

Join three local sports and exercise professionals for a lunchtime chat featuring guidance and advice to help improve your fitness, avoid injury, and maintain health during the pandemic. Interactive session includes:

- Exercise plans for various stages of life and skill levels
- An opportunity to "ask the expert!"

With special guests: Michael Seifert, MD, Evan Adler, PT, DPT, OCS and Jacob Orndorff, CSCS, CSPS

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We want your Feedback!

Email Julie.McNamara@unchealth.unc.edu



1. How would you rate the effectiveness of today's session to educate and support you?

5-Excellent 4-Very Good 3-Good 2-Fair 1-Poor

2. What future topics would you like to see? Other suggestions?

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