

Program for Reducing Obesity (PRO) Mindfulness Class Schedule

Group Description: Do you find yourself struggling with overeating, even when you're committed to losing or maintaining weight? Fortunately, there is support available! The **Mindfulness-Based Eating Skills Program** is offered to PRO Nutrition 1 graduates and was created to help improve long-term weight loss success. This program focuses on mindfulness and nutrition techniques designed to reduce emotional eating and all forms of overeating. The goal, with the help of this group, is to help you explore and find solutions that work for you through education, thoughtful group exercises and meaningful discussion.

Week 1- Exploring What Needs to Change and Working Through Your Limiting Beliefs: This initial session is designed to help you identify your problematic eating behaviors and uncover any limiting beliefs that may be hindering change.

Week 2- Connecting with Your Strengths and Values to Promote Change and Observing Your Breath: In this session, you will explore how your personal strengths and core values can support lasting behavior change. You'll also be introduced to a simple mindful breathing practice that can help you stay grounded and present throughout your journey.

Week 3- Exploring and Addressing Barriers to Change: This session focuses on identifying and overcoming obstacles to behavior change while fostering a nonjudgmental mindset.

Week 4- Exploring the Consequences of Your Problematic Eating: This session encourages you to examine the effects of your eating behaviors, understand underlying emotional factors, and develop the pros and cons mindfulness skill to support change.

Week 5- Developing Mindful Eating: This session examines what physical hunger feels like, as food and feelings often become linked and automatic.

Week 6- Seeing Your Emotions in a New Light: This session aims to help you recognize the beneficial role of emotions in countering distress intolerance, while also encouraging greater mindfulness of your emotional experiences.

Week 7- Preventing Emotional/Binge Eating with Mindful Eating and Wise Mind: This session aims to help you understand the dynamics of emotional and binge eating and encourages the practice of mindful eating and wise mind to prevent these behaviors.

Week 8- Mindfully Managing Urges to Eat: This session emphasizes that cravings and urges to eat are temporary and do not require immediate action, even though it may feel like that. You'll explore alternative strategies for responding to these urges when not genuinely hungry.

Week 9- How to Stop Breaking Your Diet: This session aims to help you understand setbacks in eating behaviors, rethink your reactions, and explore the benefits of a more flexible approach to eating so you can stop "breaking your diet."

Week 10- Exploring Other Ways to Cope and Cope Ahead Planning: This session aims to help you summarize what you've learned so far about your unique eating triggers and practice developing a cope ahead plan to manage a difficult eating situation.

Week 11- Gaining Greater Control of Your Cravings: This session aims to help you identify lifestyle factors that may be affecting your cravings and develop strategies to manage them effectively.

Week 12- Progress Review and Next Steps: This session will focus on reviewing your progress in managing your problematic eating, identifying the skills that have been most helpful, and determining what you want to continue working towards.

Topics subject to change based on the needs of the group and per the discretion of the facilitator or physician.