

WN4DC Mini-counseling course

Affirming Food Variety and Reducing Food Fear



About This Course

This webinar will review how to affirm self-care: Food variety and Reducing Food Fears

Please download the handout for this webinar.



Learning Objectives

- State two benefits of focusing on food variety and reducing the fear of eating specific foods (carbohydrates) diabetes care
- Craft 2 of the 7 affirmations of behaviors and abilities in clients who are learning about increasing food variety and reducing food fear.



Crafting Affirmations

Affirming the many ways to embrace all foods and explore how to reduce food fears.

- Desire to expand diet or identify what foods are triggering.



- Ability to see all foods can fit – it is learning when, where, and how much works for their body.

Crafting Affirmations

- Ability to identify steps toward adding variety to the diet.
- Willingness to commit to eating a wide variety of foods and end restrictive eating.



- Being able/aware of how a new food may/may not promote self-care.
- The act of eating

Crafting Affirmations



- The effort to increase variety in the diet.
- Insight after engaging increasing variety.

Practicing Affirmations

- Desire to expand diet or identify what foods are triggering. *"Congratulations on wanting to add more foods to your diet."*
- Ability to see all foods can fit – it is learning when, where, and how much works for their body. *"Girl! You are flexing your flexibility muscle and telling me all foods fit!"*
- Ability to identify steps toward adding variety to the diet. *"Nice, you are creating a plan to increase the variety in your diet."*



Practicing Affirmations

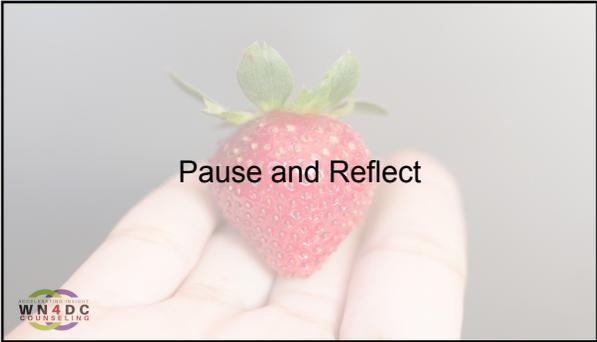
- Willingness to commit to eating a wide variety of foods and end restrictive eating. *"Your commitment is beautiful."*
- Being able/aware of how a new food may/may not promote self-care. *"You are going to see how this works for you. Well done."*
- **The act of eating.** *"Way to go, you are doing more than just planning your meals, you are eating them!"*



Practicing Affirmations

- The effort to increase variety in the diet. *"Let's acknowledge your effort."*
- Insight after engaging increasing variety. *"Your wisdom and insight is lovely. Thank you, for sharing it with me."*





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- State two benefits of focusing on food variety and reducing the fear of eating specific foods (carbohydrates) diabetes care
- Craft 2 of the 7 affirmations of behaviors and abilities in clients who are learning about increasing food variety and reducing food fear.



Writing Prompts: Practicing Affirmations

- Desire to expand diet or identify what foods are triggering.
- Ability to see all foods can fit – it is learning when, where, and how much works for their body.
- Ability to identify steps toward adding variety to the diet.



Writing Prompts: Practicing Affirmations

- Willingness to commit to eating a wide variety of foods and end restrictive eating.
- Being able/aware of how a new food may/may not promote self-care.
- **The act of eating.**