

WN4DC

Mini-counseling course

Affirming Hunger and Fullness Awareness



About This Course

This webinar will review how to affirm Hunger and Fullness



Learning Objectives

- State two benefits of noticing hunger/fullness for diabetes care
- Craft 2 of the 7 affirmations of behaviors/abilities in clients who are learning about hunger/fullness



Crafting Affirmations

Affirming the awareness of eating and of body cues such as **hunger, fullness, and satiety** without attaching these behaviors to weight loss for people with diabetes.



- Desire to learn about eating and body cues such as hunger, fullness, and satiety.

Crafting Affirmations

- Ability to become aware of eating and body cues such as hunger, fullness, and satiety.
- Ability to identify steps to listen to hunger or fullness.



- Willingness to listen to hunger/fullness.
- Being aware of eating and body cues such as hunger, fullness, and satiety.

Crafting Affirmations

- The effort to listen and respond to eating and body cues such as hunger, fullness, and satiety.



- Insight after listening and responding to eating and body cues such as hunger, fullness, and satiety.

Practicing Affirmations

- Desire to learn about eating and body cues such as hunger, fullness, and satiety.
- *It is lovely to hear about your curiosity of hunger and fullness.*
- Willingness to listen to hunger/fullness.
- *"Congratulations for being open to what your body is telling you."*
- Being aware of eating and body cues such as hunger, fullness, and satiety.
- *"You are much more aware of your hunger!" "Nice job, satiety is a feeling you can identify."*



Practicing Affirmations

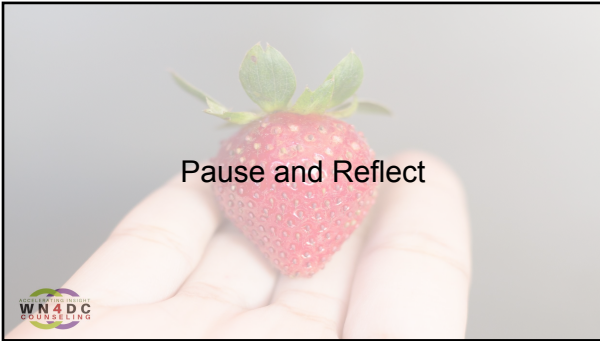
- Ability to become aware of eating and body cues such as hunger, fullness, and satiety.
- *"Wonderful, you are able to rely on your body - and your hunger and fullness to guide your choices."*
- Ability to identify steps to listen to hunger or fullness.
- *"You are (really) listening to your fullness." (this is also a reflection)*



Crafting Affirmations

- The effort to listen and respond to eating and body cues such as hunger, fullness, and satiety.
- *"You are making the effort to be mindful of your needs."*
- Insight after listening and responding to eating and body cues such as hunger, fullness, and satiety.
- *"Hearing your body has given you a lot of insight! That is lovely to witness you making these connections."*





Learning Objectives

- State two benefits of noticing hunger/fullness for diabetes care
- Craft 2 of the 7 affirmations of behaviors and abilities in clients who are learning about hunger/fullness

A photograph of a man with a beard, wearing a red long-sleeved shirt, standing in front of a blue brick wall. He has his fists clenched in a celebratory or determined pose.

A logo for "WN4DC COUNSELING" with the text "WASH STATE UNIVERSITY" above it.

Practicing Affirmations

- Desire to learn about eating and body cues such as hunger, fullness, and satiety.
- Willingness to listen to hunger/fullness.
- Being aware of eating and body cues such as hunger, fullness, and satiety.

A logo for "WN4DC COUNSELING" with the text "WASH STATE UNIVERSITY" above it.

Writing Prompts: 3 Affirmations Hunger/Fullness

- Ability to become aware of eating and body cues such as hunger, fullness, and satiety.
- Ability to identify steps to listen to hunger or fullness.