

# 6

## What Kind of Hungry Are You? Facilitator Notes

### Main Learning Points and Review of Healthy Steps from Last Session: *Healthy Eating and Wellness Self-Assessment*

1. In order to know where you're going, it is important to know where you are.
2. Making too many changes at once can be overwhelming
3. It is important to set goals that are important to you.

**Review Healthy Steps from last session.**



#### Note

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

#### Materials Needed to Accompany Participant Handout:

*Addressing Mouth Hunger: A Feelings and Actions  
Activity*

#### Tips for this Session

1. This entire session focuses on hunger, so you may find that participants (and maybe you, too) cannot wait to leave the session in search of a snack. It may be proactive to bring apples or oranges or another seasonal fruit to eat. In addition to possibly preventing a raid on the vending machine after class, it models healthy snacking.
2. If you decide to use the suggestion for topic introduction on the next page, you may wish to write the following hunger measure on the board or flip chart before the session begins.

**Please rate the number that best describes how hungry you are right now:**

Not at all     Slightly     Moderately     Very     Extremely

## Suggestion for Topic Introduction and Relevance to Participants

*“Have you seen any food commercials lately? Yes? We all see or hear food commercials all the time. What do you want to do when you see a big juicy hamburger and fries on your television screen?”*

(Respond to comments.)

*“I know that I want to go eat a hamburger. This can happen to all of us. Let’s try an exercise today.”*

*“Close your eyes and focus on your stomach. Breathe in slowly and deeply three times. Keep thinking about your stomach. Think about how hungry you are right at this moment.”*

(Take a moment and talk participants through the deep breathing exercise.)

*“Open your eyes. Where do you rank your hunger?”*

(Either they can mark their answer on the board, or you mark it as they each respond.)

*“Today we’re going to talk about the difference between “mouth hunger” and “stomach hunger.” We will learn how seeing that commercial may cause us to want to eat a hamburger, whether or not our stomachs are hungry. Are you hungry to learn more?”*

### Topic Assessment Answer Key

1. C    2. B    3. B    4. A

T – topic introduction  
R – relevance to participant  
I – identify objectives  
M – materials for session  
M – motivate to use

## Review of Session 5: Healthy Eating and Wellness Self-Assessment



### Main Learning Points of Session 5

What were the main learning points of Session 5? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. In order to know where you're going, it is i\_\_\_\_\_t to know where you are.
2. Making too many c\_\_\_\_\_s at once can be overwhelming.
3. It is important to set goals that are i\_\_\_\_\_t to you.

### Take a Small Healthy Step Review

What small healthy step did you choose to practice between sessions?

Did you complete your healthy step yet?

**1. Yes.** How did it go? \_\_\_\_\_  
\_\_\_\_\_

**2. No.** What got in the way of completing your practice?  
\_\_\_\_\_  
\_\_\_\_\_

If you still plan to complete your practice, when will you do it?

\_\_\_\_\_  
\_\_\_\_\_

**3. I didn't choose a small healthy step.**

## Topic Assessment



Mark one:  Pre  Post

Your Score:  
+ \_\_\_\_ out of 4

**Directions:**

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**1. An example of stomach hunger is:**

- A. Boredom
- B. Stress
- C. Stomach pangs
- D. Nervousness

**2. It takes 10 minutes for the stomach to send a message to the brain that you are full.**

- A. True
- B. False

**3. Stomach hunger is the urge to use food to make ourselves feel better.**

- A. True
- B. False

**4. An example of food that has high fiber is:**

- A. Vegetable soup
- B. White Bread
- C. American cheese
- D. Candy bar

**5. I am confident that I understand the different types of hunger.**

- Strongly Disagree     Disagree     Neither Agree Nor Disagree     Agree     Strongly Agree     Unsure

# Topic Assessment



**6. This information is important for me to know.**

- |                          |                          |                               |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        |

**At the end of the session, answer these questions before turning in this paper:**

**7. This session helped me.**

- |                          |                          |                               |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        |

**8. What I liked about this session:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**9. How this session could have been better for me:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# What Kind of Hungry Are You?

## Objectives for this Session

1. Identify the difference between “stomach hunger” and “mouth hunger.”
2. Apply 1 or 2 small healthy steps you will use to control your hunger.
3. Identify 1 of your eating triggers and 1 healthy choice you can make instead of eating.

Have you heard the joke, “I’m on a seafood diet. I see food and I eat it!”? There is actually some truth to this joke. Sometimes simply seeing food on a counter or candy in a dish can make us want to eat even if we are not hungry.

**Did you know?** There are 2 types of hunger, stomach hunger and mouth hunger. Understanding the difference between these 2 types of hunger can help you:

- Better manage your hunger
- Learn the best food items to buy
- Learn how to better control your weight

Stomach hunger is your body’s way of telling you it needs food. Our brain sends of these types of messages through “hunger cues.” For example, you might hear your stomach growl or feel stomach pangs. These messages from your body tell you that your body needs food. Your body usually gets hungry about three to four hours after a meal. If you eat earlier than that time period, you may be responding to “mouth hunger” or emotional eating.

### Main Learning Point #1

**“Stomach hunger” is your body’s way of telling you it needs food.**

## What Kind of Hungry Are You?

(continued)

**Mouth hunger (or emotional eating)** is the urge to use food to soothe feelings such as boredom, nervousness, anger, sadness or stress. This type of eating often leads to weight problems because we eat more calories than our bodies need. You also are more likely to make unhealthy food choices, like snacks. Many times, we use food when we are happy or to celebrate a special event. Sometimes using food for these reasons also may lead to unhealthy food choices and eating more calories than our bodies need.

### Main Learning Point #2

**“Mouth hunger” is the urge to use food to make ourselves feel better.**

**Small Steps for Success:** Know the difference between mouth and stomach hunger to create a healthy eating pattern.

It is important to know when you are full. Unfortunately, your body does not tell you when you are satisfied until it is too late, and by then you may feel stuffed!



Can you think of a time when you ate too fast and then suddenly you felt so full you didn't feel good?

Yes     No     Unsure

What might have helped you in that situation so you weren't so full afterwards?

---

## What Kind of Hungry Are You?

(continued)



### Small Steps for Success

The following healthy steps can help you handle your hunger differently. Please put a checkmark by those that may help you:



- 1. Look at the clock** and ask yourself, “Has it been 3 or 4 hours since I had a meal?” Our bodies hold as much as four cups of food at one sitting, so it should take at least 3-4 hours for food to be digested and to be stomach hungry again.
- 2. Eat Slowly and Focus on Your Meal** for at least 20 minutes. *It takes 20 minutes for your stomach to tell your brain that it is full.* When you eat too quickly and finish your meal before 20 minutes, your stomach will think it needs more food. When you take at least 20 minutes to eat, your stomach knows it is full.
- 3. Do something active, like take a walk.** Your body is not good at doing two things at the same time. When you exercise, your hunger takes a break and allows your energy to go toward building up muscle instead. You will not feel hungry after about 10 minutes of physical activity. (Read *Addressing Mouth Hunger: A Feelings and Actions Activity for other things you can do*).
- 4. Eat a piece of fruit or a half cup of raw vegetables.** Eating a high-fiber, low-calorie snack may not make you full, but it may lessen your hunger enough to help you wait until mealtime to eat. If you also drink some water, it will make the fiber expand in your stomach. Foods that are high in fiber help fill you up and lessen your hunger. Examples of these foods include vegetable soup, yogurt, plain tuna fish on salad, cottage cheese and fruit, instant (not sweetened) oatmeal or a sweet potato.
- 5. Drink a glass of water or other sugar-free drink.** It is important to drink only water or sugar-free beverages to avoid extra calories and sugar in your diet.
- 6. Wait five minutes and check if the urge to eat passes.** When you “see” food and find yourself automatically reaching for it ask, “Am I really hungry?” or “Am I full enough?” Take a five minute “time out” and see if the urge passes. Chew some sugarless gum or distract yourself by listening to music or humming your favorite song.

## What Kind of Hungry Are You?

(continued)



- 7. Plan ahead** so if you have to eat, you have healthy snacks on hand – snacks with less fat and fewer calories. If you can, decide ahead of time how much you will eat.
- 8. Do something instead of eating**, especially when your feelings are triggering your hunger.

### Main Learning Point #3

**It takes 20 minutes for the stomach to send a message to the brain that it is full.**

**Caution:** Do not take appetite suppressants or diet pills. Some medications taken for physical or mental disorders can increase your appetite. Diet pills may not be safe, and some may make the symptoms of your mental illness worse. There are safer ways to deal with your hunger. For example, speak to your healthcare provider if you notice you are hungrier or are gaining weight.

**The mind and body are connected.** It takes time to get to know your body's hunger signals. Keep track of the times of day you get hungry to learn when and how your body tells your mind it is hungry. Think about using the *Food and Beverage Tracker* to help you study how you eat. If you already are using it, you are taking a great step toward getting healthier.

### Main Learning Point #4

**You can learn to know your body's hunger signals.**

## Review & Moving Forward



The *main learning points* of this session are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Take A “Small Healthy Step” to Ensure Your Success!

It’s important to practice new knowledge and skills. What will you do between now and the next session? Please choose one healthy step from the list below:

- 1. STUDY.** I am going to reread my handout at least once.
- 2. SHARE.** I will share my handout with someone in my support system. I will ask \_\_\_\_\_ to read it and talk with me about it.
- 3. PRACTICE.** This week I will practice at least one tip that I picked in the session to practice. I have selected tip \_\_\_\_\_ to practice and help control my hunger.
- 4. OTHER** (Choose Your Own Healthy Step):  
\_\_\_\_\_

### Take An “Extra Small Healthy Step”

- 5. FILL OUT.** I will complete the handout *Addressing Mouth Hunger: A Feeling and Actions Activity* and share my results at the next session.
- 5. TRACK.** At least one day this week, I will track what and when I eat to help me to better understand why I eat. Use the *Daily Food and Beverage Tracker* handout.

## Addressing Mouth Hunger: A Feelings and Actions Activity

Emotions can trigger eating even when people aren't hungry. From the lists below, identify the emotions that can trigger your eating (circle them) and check off an activity from the right column that you can do instead of eating.

| Feelings            | Activity                                    |
|---------------------|---|
| #1 Stressed         | <input type="checkbox"/> Read               |
| #2 Feeling anxious  | <input type="checkbox"/> Take a bath/shower |
| #3 Boredom          | <input type="checkbox"/> Watch TV           |
| #4 Loneliness       | <input type="checkbox"/> Do an errand       |
| #5 Depressed        | <input type="checkbox"/> Talk to someone    |
| #6 Frustrated       | <input type="checkbox"/> Go to the park     |
| #7 Happy            | <input type="checkbox"/> Window shop        |
| #8 Can't sleep      | <input type="checkbox"/> Listen to music    |
| #9 Hyperactivity    | <input type="checkbox"/> Stretch            |
| #10 Aches and pains | <input type="checkbox"/> Deep breathing     |
| #11 Hopelessness    | <input type="checkbox"/> Draw               |
| #12 Anger           | <input type="checkbox"/> Write in a journal |
| #13 Tired           | <input type="checkbox"/> Dance              |
| #14 Other _____     | <input type="checkbox"/> Other              |



How many emotions did you circle? \_\_\_\_\_

How many activities did you circle? \_\_\_\_\_

Please make sure you have checked off an activity or two for each feeling circled. Doing more and eating less moves you toward healthier living.