



Session Notes

Name: Lindsay Lusnia

Session #20 of 20
16th February 2022

(Plus 30 min session to be used at some point)

UPDATE

Enjoying more unprocessed food as well as the barley coffee

#1 Eating Presence (EP) -

build on meal planning with slow eating. Slow down breakfast 14 Feb
Focus of EP now is to stop using food to numb out - making it easier to say goodbye to processed junk.

Aim for one slow meal a day if possible

#3 Dietary restriction due to PCOS review .

How is it feeling? Any resistance? Boredom? We want to check the inner food rebel is not going to get triggered .

You said you went to a social event last night and had small amounts of food plus a little alcohol. We both agreed that this is a great way to tackle a PCOS friendly diet step by step

#4 IGNORING SOCIAL PRESSURE TO CONSUME ALC and JUNK

PCOS as a beautiful invitation to challenge the people pleasing tendencies. Why can't you be a different kind of Lindsay at social events? You spoke about showing up minus the buzz of caffeine. This is an important step and complements eating presence , , - same job : be with your inner George

Update: you missed a party because you were not feeling sociable. Your friend giving up smoking ditto. I think as I went through this too, it is a natural part of making a change like this. Some valuable introspective time.

#5 HAWAII

Holiday next week

You came up with a great rule of thumb : what is my best choice here within the limits of the environment/choices etc

Where you make non perfect choices, just consume as slowly as possible

#6 RELAXATION RESPONSE

All healing, maintenance and repair needs the RR In order to happen. In today's world we Need to consciously manage stress

Ways to promote the RR more often

Music

Exercise in order to get an endorphin hit rather than for endurance

Spa, sauna etc

Photo slideshow on phone

Planning trips

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Session #21 of 24

25th February 2022

(Plus 30 min session to be used at some point)

UPDATE

Holiday is more stressful than you had thought BUT it has not affected your eating. AMAZING! This is due to the incredible work on eating presence you have done.

FOOD CHOICES

We spoke about focusing on one area at a time until it becomes much less of a challenge. ATM you are working on saying no to processed carbs . Some cravings still

Experiment: allow yourself sweet potatoes and beets and see if this reduces cravings

Dairy - less important ,to experiment with later.

PCOS and Intermittent Fasting (IF)

Notes on PCOS Nutritionist podcast episode

PCOS Nutritionist podcast – *is intermittent fasting OK for women with PCOS?*

Positives to take away - importance of eating in the morning and caution re fasting for a day or longer .

Negatives....

I believe that she is throwing the baby out with the bathwater. To answer her two objections to IF and PCOS _

#1 not good for those with a history of chaotic eating - this is because these people have not developed eating presence. I believe that EP is a prerequisite for IF but if embraced there is no reason why IF cannot be experimented with

#2 PCOS sufferers need to eat in the mornings. This chimes in with eating psychology - greater nutrient intake in the first half of the day is what we are designed for, reduces compulsive eating etc. I am super disappointed that she sees IF and missing breakfast as the same thing.

Ref *The PCOS Plan* (Nadia Brito Pateguana and Jason Fung) - plenty of evidence that IF helps PCOS. Emphasis on eating window being in first half of the day

"Studies show that the same meal taken at dinner, compared to breakfast, produces almost 30 percent more insulin effect." Imagine what an earlier dinner would do!

I have started eating my last meal at 2.30pm on some days. Zero appetite. The main challenge is social and cultural .

How do you feel about this? Could you experiment with some days like this?

Nadia (NBP) has a very similar background and 15 years experience in treating women with PCOS via diet to Julia Goodwin.

Considering that fasting is THE most effective way to lower insulin, it is worth experimenting with IF now that you have made great progress with EP (eating presence).

Word of caution: any fasting is a stressor on the body and mind so be mindful and keep checking in with me about how it feels. NBP talks about there being an adaptation period to IF . See Eddie Izzard GUT point (get used to point) for marathon running.

NEXT STEPS FOR IF

What are your feelings about trying IF?
Eating window to experiment with ?

GAMIFICATION OF IF

I am reading up on gamification at the moment and am creating course on it so next session I will have some ideas about it.

REST OF YOUR HOLIDAY

Managing the stress...

Vent and delete - record yourself letting rip then delete. Felt really good the other day. The key is feeling your feelings THEN pivoting to heroine s journey thinking

Via questions like

What is great about this problem?

What have I learnt from this experience?

Also list what you are grateful for - victims are never grateful

Next session -

Next session – Thurs 3 March 930 PST

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Session #22 of 25

3rd March 2022

(Includes complementary Session Plus 30 min session to be used at some point)

GIFTS OF JUNK FOOD

You had a bit of anxiety about a bar of semi healthy chocolate a friend d had given you.

It seems like these gifts cause too much anxiety and I would like to see you be able to either give them back or throw them away. I predict that as you get more used to your new PCOS empowerment way of eating, it will not be an issue.

TOO INTENSE?

You were worried that you are getting too I tense and strict with your food.i disagree, because you had for example a taste of cake recently. To keep an eye on? The main indicator is if it is taking up too much mind space and causing you anxiety

EMOTIONAL REGULATION

More irritation with others now you are freeing yourself from numbing out via food

I have had this big time since I started developing EP (eating presence).

Thoughts

BOUNDARIES

This is an invitation to strengthen your boundaries. What I have noticed is that many people are showing up from what I call their lower selves eg they want the world to honour their victim stories, or they want to use others as narcissist supply etc. As empath with compulsive eating, we went along with this because the connection was so important to us and we wanted others to affirm and accept us because we could not do it ourselves. With EP you are being Marty and accepting yourself, you have less need for food . Also the heroines journey reframing which is HARD moves us from our lower selves to empowered selves... In this situation I have found that I have much less tolerance for self pity, victim stories from my friends. They however have got no clue, even when I tell them about victim Vs heroine journey.

Clear boundaries are the only way you can proceed here.

Proactive not reactive. Meaning accept that you are irritated alot more than usual if that is the case . Considered boundaries are better than reactive ones. Meaning if you want to fly off the handle it might be good to step back and decide on. Boundary (sometimes it is good to fly off the handle though! It depends on individual cases)

4 TABLESPOONS WOMAN and RADICAL ACCEPTANCE

...as we shall affectionately call her from now on! As in that is how much sugar she has in her coffee. You said this was hard and you "felt like a victim". What a wonderful opportunity to practise radical acceptance . There are times when we need to vent and release emotions, but there are other times when radical acceptance is the key. There is more to say about this I will expand on it but I have found that just saying to myself "I choose radical acceptance" - even if I am struggling to actually believe that - it really really helps.

EMOTIONAL REGULATION

A system to channel and release difficult emotions: vent and release

There is not always a need to solve feelings

So many people were given messages about it being dangerous ton press rage etc that they have squashed them for years. Do not be surprised if these suppressed feelings come out unexpectedly

First version of vent and release

A feeling comes up

You need to **make space** for it - say "I am feeling X"

Venting: Graffiti scrawl, scream into your phone, burst of exercise...what else?

Advise do not direct at anyone at the moment. You are NOT trying to solve it or get others to make you feel better. This is about holding space for the emotion

Next close the space. You do not want to risk victim mode here. Advise changing environments if possible and activity. Something to raise your spirits.

Sometimes recharge is needed eg lie down and listen to something funny etc

You said *music* works for you. We discussed having the same music to recharge to (play around with that, sometimes the effect of a song can wear off when repeated)

LANGUAGE OF EMOTIONS

Book by Karla McLaren

Will help you decode the feelings and reframe them constructively

Idea that ALL emotions have useful messages even panic etc

I will create a resource based on this. A dictionary of emotions deciding the message in each one

MEAL PLANNING

Some resistance . I suggested making meal planning the first thing you do after breakfast every day. I would like to youwhatsapp me. Pic of your meal plans every day.

COFFEE

You mentioned coffee in a check in. I will link to the how stuff works episode <https://www.stuffyoushouldknow.com/podcasts/the-duality-of-caffeine.html>

My episode on caffeine

<http://www.theshiftinside.com/audio-does-caffeine-make-binge-eating-worse/>

Basically caffeine keeps your dopamine levels artificially high and the feeling of awareness is because it has put in a stress response so you are alert. My feeling is that you will get used to no caffeine and your energy levels will adjust.

Alternatives - turn shower to as cool as you can manage at the end .fresh birds eye chillies chopped up - gives you an endorphin hit

INTERVIEW

Many thanks for agreeing to this. I will read through all the session notes to this point and come up with some talking points. I will contact you re a time too.

You get a complementary session plus week of check ins.

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Session #23 of 25

9th March 2022

(Includes complementary Session Plus 30 min session to be used at some point)

UPDATE

Incredible 45 min breakfast this week on our slow down meal call!

You had a date - relaxed!

You said that there are times you are not present when eating. This is entirely normal. There is no perfection, just constant optimisation.

You had some alcohol and it led to sugar cravings but you worked out instead of having sugar. This is great as you have a choice how to respond. And you used it!

You are now consulting with a naturopathic doctor (ND) about your PCOS.

You are still lethargic most days and the ND is going to give you some herbs

I feel that a shift is happening for you, life is rewarding you for your eating presence work and making friends with Georgina McFly.

BREATH REGULATION

This is a great replacement for the emotional regulation that food used to provide, and it has no pricetag! This is basically very short meditation sessions of like 30 sec to one min . If you notice you are feeling overwhelmed , take a minute and do either box breaths or another kind of breathing, eyes closed.

You said you are feeling calm at the moment and there is no need for this - but it is obviously a strategy you can use asand when needed.

JJ SCHOOL OPP

Win win - as in you win either way. If he gets a place, thus is a great opportunity for him. If he doesn't , you haven't lost anything and you don't have to drive or sort transport daily

Framing the travel if he does get the place - can you treat the place you are travelling to as some kind of opportunity for you? As in could you spend the day there yourself? Instead of ages commuting? What could you do in that

time? Some kind of project, side hustle, job ? Hiking opportunities? Meetups?
Set up a meetup group?

ABSORBING OTHERS' EMOTIONS

You spoke about this. It is connected to emotional eating obviously. My take as a fellow empath is that everyone has the opportunity to respond to life's problems from a HIGHER or LOWER self

Higher - hero/one's journey thinking, being curious, etc (HJT)

Lower - victim thinking (VT)

Most people opt for VT because it seems easier and is culturally popular. Essentially it is about getting others to rescue you and provide resources of all kinds (material, emotional etc)

The way I have found to manage this is to say something like

"You know, I'm not really the best person to talk to about this. I have recently worked out that the way my brain works is that I automatically absorb other people's stress. I have realised I have to manage this like a type 1 diabetic manages their insulin. There are times I am going to ask you to change the subject and this is one of those times."

IN THE PLAYGROUND

Idea of you are in the playground now...meaning life is bringing you opportunities (school, dating). Not everything will turn out perfectly but you have already shown life you are resilient and life is saying "OK let's give you some more to play with, in fact I am opening the playground! There is a jungle gym you might fall off, but you have proved you can cope with a bruised knee"

It is a great time NOW before you know how these adventures The school and the dates.... turn out to consciously decide if you are accepting life's offer of entry to the playground. Because there will be some bruised knees.

Imagine up til now your compulsion has kept you in the classroom of life too afraid to go outside and play.

MEAL PLANNING

You have got a sunbasket and that is a great