

Disordered Eating
Notes from June 12, 2024

What is our relationships to food?
Do we remember to eat?
When do we eat? And what?
How? How can we improve our nutritional intake without adding to all the struggles?

One person mentioned taking a “Metabolic approach”
3 meals, 5 hours between each
Feels organized
Doesn’t snack – thinks about it but doesn’t really want them

Metabolize and burn the fat

Question: What is up with the cravings? for chocolate, ice cream?

Magnesium (calming, ingredient for brain to use)?
Texture?
Self-soothing?

What about thinking of diet as a plan not a punishment – something that may contribute to calmness

Food as source of “Ingredients” for Dopamine, Serotonin and other neurotransmitters

ADHD traits that affect our eating?
Impulsivity from ADHD and impact on consumption
 Don’t always want to eat and difficult to pause to prevent the impulsivity
Hyperfocus/Fixation
Impulsivity
Now/Now Now
All/Nothing
Perfectionism
Out of Sight/Out of Mind
Not Liking Being Told What to Do
Sensitivity to Criticism; Rejection Sensitivity
Sensory Concerns
Emotional Dysregulation – guilt → food waste, coping

And Intersection with culture, societal expectations?

Food as nurturing

Food with celebrations, with sadness (what else to do to celebrate)

“You deserve more than a cookie”

ADHD paradox

Creating flexibility and choice in our foods

Measuring once and knowing what it LOOKS like

Executive Function disfunction

Planning

Organizing

Working Memory

Concerns and possible solutions to create savings in long run on cost of food and to health

Food waste so buy serving sizes

Prepackaged, precooked

Food delivery

Grocery delivery

Self-awareness

Celebrating our successes in ways other than with meals

Food coaches

Being mindful about what brings you joy – moment of joy vs longstanding joy – activities that are rewarding – having a dance party and jam when no one is looking 😊; get outside and enjoying nature

You are WORTH more than a cookie

Another issue that impacts our relationship with food: self-worth

We know we're different and masking to fit in

Wants - Asking what you want

Barriers - Identifying things in the way of what you want

Making peace with disordered eating → self-worth

Planning for the summer and getting ready

Ideas for future conversations:

How do we define ourselves? Can we openly acknowledge to others?

Barriers to defining ourselves?

Goals float away into other goals – capture them and the life we want to create
Obstructions to holding onto intentions, goals and seeing them through
Handling emotional volatility