

OA in Action Soul Food for My Mind, Body and Spirit

These suggestions have been gathered from several members in the rooms of OA.

Soul Food for the Mind

“What is probably true in most cases is that the individual develops the compulsive overeating mechanism for dealing with life at an early age and then starts to push problems down with the food.”

OA Brown Book Second Edition - page 231, para 2 lines 5-10.

Suggestions to consider:

Music

Mindfulness – acceptance of what is coming up in the mind; comfortable, or uncomfortable and without judgment

Target a specific emotion and/or negative thinking pattern in order to target a solution

Eight emotion families: Which emotion are you having?

- happy
- loving
- sad
- fear
- anger
- shame
- jealousy
- disgust

Eight patterns of negative thinking: Which pattern are you using?

- Black and White Thinking (all or nothing)
- Jumping to conclusions (mind reading, forecasting)
- Catastrophizing (imagining some disaster is imminent)
- Overgeneralizing (concluding something based on one incident or piece of evidence)
- Rigid Thinking (things should be this way...should, ought to, have to, must....)
- Discounting the Positive (focusing on negative details while ignoring the positive)
- Emotional Reasoning (thinking my current feelings are facts I cannot question)
- Personalization (assuming other's actions are all about you)

Writing a gratitude list

Deep breathing, focus on breath in meditation

Count to 100 – backwards...if it gets easy do ABCs backward

Use the index in the daily reading books on the feeling I have, such as guilt, fear...until it is gone!

Positive affirmations

Therapy

OA in Action May 31, 2016

Call a friend who loves me

Weekends away to just “be”

Go to an art museum or library to see famous art and nature scenes

Focus on one thing I am grateful for – focus for 1 minute, 5 minutes or 10 minutes

Focus on a candle and breathe

Reading the Big Book weekly and outload (discuss) with another fellow

Take 10 quick breathes

Service to others

Ask myself, is it true? Will it matter in a year?

Don't doubt what you know

Make peace with my history

EMDR (Tapping) app – such as anxiety based on EMDR

Accept what is

Let go, let God

Soul Food for the Body

“Obesity has been recognized since 1985 as a chronic disease and is the second leading cause of preventable death, exceeded only by cigarette smoking. (<http://www.asbp.org/bariatrics>)”

OA Brown Book Second Edition - page 234, footnote

Suggestions to consider:

Yoga

Establish healthy sleep habits

Establish a daily routine that is always the same or as close as you can get

Dance: Zumba, Ballroom, Salsa, Line dance, Square Dance

Gardening, mowing the grass

OA in Action May 31, 2016

In the summer go strawberry, raspberry, blueberry picking - apples in the fall

Walk around the farmers market for fresh fruits, vegetables, flowers, spices, or just to observe

Go swimming, hiking, cycling, cross fit training

Use a pedometer, Fit Bit or phone to track daily activity

Try a standing desks or walking desk at work

Carry overnight bags instead of using rollers

Strength training, using weights; a can of green beans or tomatoes, etc. will work to start

Hire a personal trainer to get started or to enhance current work out routine

Exercise with a friend, group, or family member – easier to establish and keep your exercise routine

Try group aerobics, functional fitness, tai chi

New hair style/hair cut/color/attractive clothing that fits well

Eat meals on time, don't let too much time pass between meals

Getting some sun

Spending time in the woods or other nature area

Walking the stairs rather than taking an elevator

Playing with my dog, walking/throwing a ball

Dance

New spices to change up my food

Allow myself to buy good food, even if it costs more

Swimming or some other water exercise

Get a massage

Getting a manicure and pedicure

Not eating sugar

Taking a nap

Soul Food for the Spirit

“it is clear that what compulsive overeaters and alcoholics have in common is a need to nourish the spiritual side of their nature.”

OA Brown Book Second Edition - page 242, para 1, lines 5 -7.

Suggestions to consider:

Prayer

Meditation

Wrapping myself in a blanket and letting myself feel self-love

Stopping to ask my self - how am I really feeling versus how I thought I should feel?

Sitting with my cat in my lap or with my dog

Music – listening, singing, and playing an instrument

Following my food plan

Art museums

Funny movies

Reading inspirational books

Seven practical suggestions for a spiritual life from the AA literature:

Develop humility

Constantly pray to God for guidance

Practice charity

Meditate frequently on our new-found blessings, giving honest thanks to them

Take God into our confidence in all our acts

Seek the companionship of others who are seeking a spiritual life

Creative processes like beading/painting/coloring

Church or spiritual community of my choosing

Take spiritual development classes

Reading

Visiting parents

Helping friends

Drum/dance

Gardening

Visit the Arboretum

Service to others

Make peace with my history

Accept what is

Let go, let God