Mindful Eating
- Being fully present is an opportunity to experience the fullness of the moment. This can apply to any moment or any activity.
- Being fully present to the moment often brings a greater sense of well-being and less anxiety and stress.
- Mindful eating allows one to be fully engaged in the experience of eating/enjoying food and drink. Choosing to eat food that is both pleasing to you and nourishing to your body by using all your senses to explore, savor and taste.
- Practice . . .

Meditation

Loving Kindness Meditation

STAR Well-Kit – Mindfulness

Mindfulness through the eyes of a Veteran video
Implementing Trainings

- Follow up and Support
- Ensuring Fidelity
- Community of Practice
- Adapting the Course to Varying Number of Facilitators
- On the Job Training (OJT)

Module 16 – Executing and Assessing Action
Stage IV

Process Model for Group Facilitation

Stage IV - Execute the Action
Phase 1 - Have client self-assess how they have progressed since last session
  - Fully took action
  - Partially took action
  - No action taken

Stage IV - Execute the Action
Phase 2 - Assist participant in assessing what they learned about themselves and situation.
These ‘learnings’ may include:
  - Challenges/barriers encountered
  - Contingency plans
  - Strengths and successes
  - Personal Insights

Stage IV - Execute the Action
Phase 3 - Assist the participant in modifying or adding to their plan . . .
  - Continue with the same plan
  - Add additional action steps
  - Modify existing action steps
  - Revisit earlier stages: values, area of focus, or goal
Stage IV – Execute the Action

**Phase 4** - Take Further Action

- Continue with facilitation process
- Explore or refer to other services

Reminders for Stage IV

- Solicit affirmations from participants for what they have accomplished
- Recognize Strengths
- Reconnect to Mission, Aspiration or Purpose (MAP)

Demo #4 – Stage IV

Volunteers?

Preparing for Potential Referrals

- Have professional colleagues with whom you can discuss potential referrals.
- Be clear on your supervisory chain and to whom you will share concerns.
- Be familiar with referral resources.
- Recognize that not all issues are appropriate for Whole Health Groups.
- Be familiar with VA limits to confidentiality.
- Become familiar with behaviors and signs that might suggest additional resources are needed.

When to Refer – Some Guidelines

- Participant expresses intent of thoughts of doing harm to self or others.
- Participant shows signs of depression.
- Participant shows signs of high anxiety.
- Participant is unable to make progress in desired area of change.
- Participant’s behavior is having a negative impact on the group.
- When in doubt, talk to the participant.
How to Refer

• Establish in first session that referral may be part of the group process.
• Discuss with participant first before making a referral.
• Use Elicit-Provide-Elicit format when discussing referral with participant.
• If you have clinical credentials, be clear with participants which role you are assuming.

Questions for Discussion

• What are some conditions that you think might warrant a referral?
• What has been your experience with referrals in your current position that you could apply to these groups?
• What questions do you have regarding referrals?