

This wellness session is provided to you by
the CCHS Wellness Team.

Please contact CCHSWellness@cchealth.org if you have any
questions.



Disclaimer

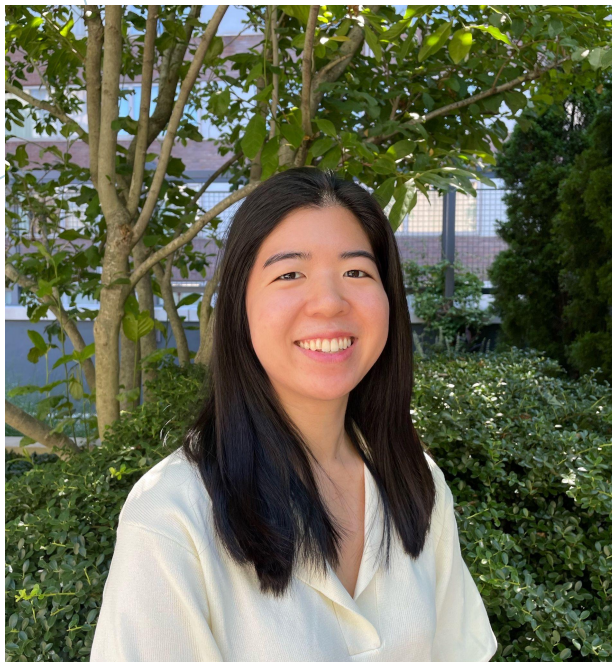
The content that I will share today is based on my lived experience and is not meant to be medical advice.

Please speak with your physician for any medical needs.

Kuchisabishii and Japanese Empathy Towards Eating Too Much

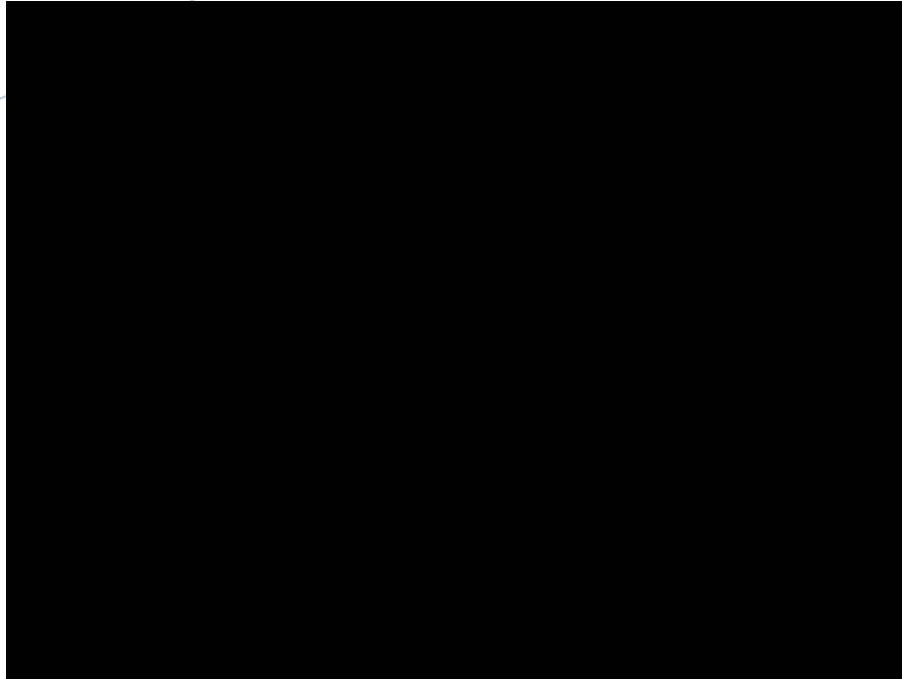
Presented by Kaki Okumura





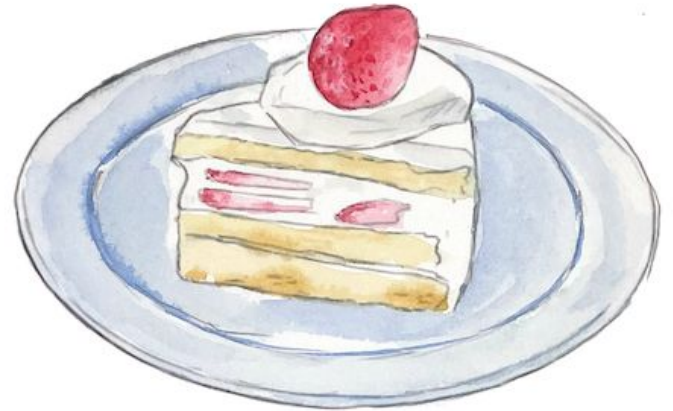
Hi! I'm Kaki.

Breathing exercise



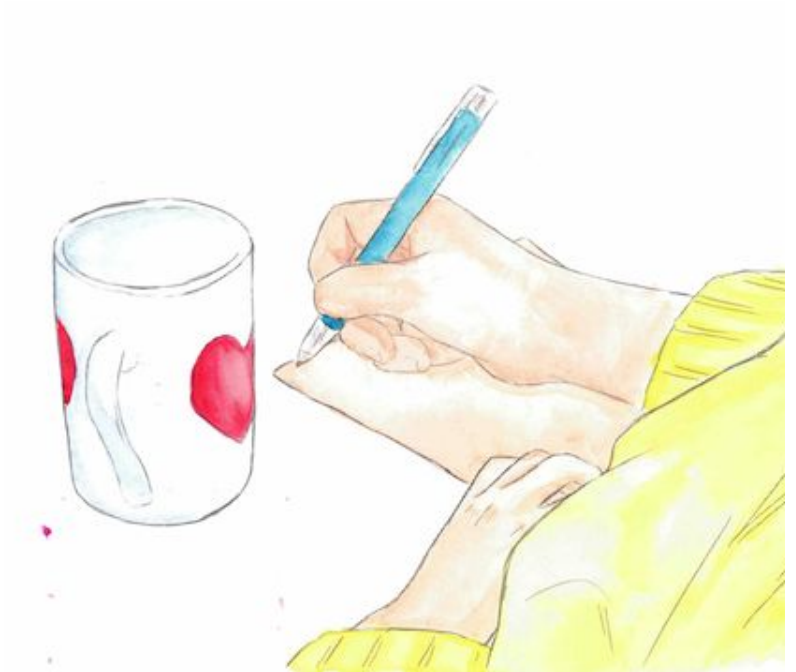
Agenda

- How to make the most of this webinar
- Why self-restriction doesn't work
- What is Japanese “kuchisabishii”?
- Why we need empathy to eat well
- Q/A



To make the most of this webinar

- Close other tabs
- Try not to multi-task
- Take note of any questions!



Why self-restriction doesn't work

How do you react when you overeat?

Bucket 1: “Okay game plan: how am I going to undo all that damage?”

Bucket 2: “I suck. Why am I so weak and stupid?”

How do you react when you overeat?

Bucket 1: “Okay game plan: how am I going to undo all that damage?”

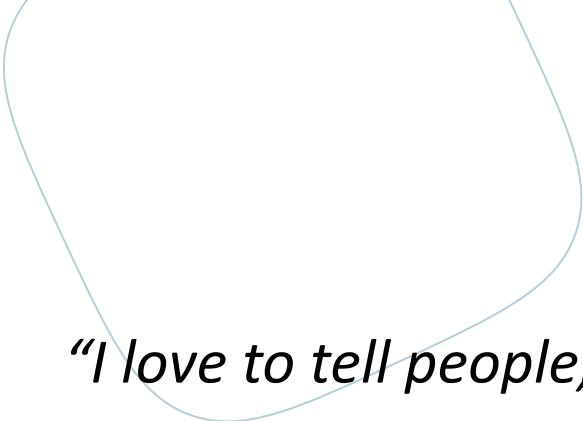
Bucket 2: “I suck. Why am I so weak and stupid?”

= I did something wrong

Why self-restriction doesn't work

Instead of satisfying our cravings, it feeds into our guilt when we end up “breaking”, tripping a sort of all or nothing mindset





“I love to tell people, if you get a flat tire you don’t get out of the car and slash the other three tires. You patch the tire and get back on the road.”

— [Jillian Michaels](#),
American personal trainer



Kuchisabishii, or “lonely mouth”

An almost endearing term

Like how we are all susceptible to loneliness, we are all susceptible to eating out of boredom.



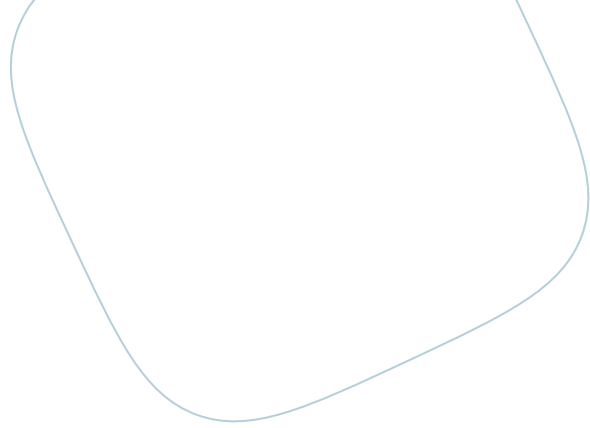


The best cure for a lonely mouth is
with a bit of empathy.

A forgiving experience

Once we recognize and confront it, we end up making better decisions after the fact than exacerbating self-sabotaging behavior.





Sometimes laughing about it and moving on is the best thing you can do after eating a bit too much.

Final takeaways

- Self-restriction doesn't work because it makes us feel guilty
- Take an empathetic approach
- To laugh and move on is often the best response

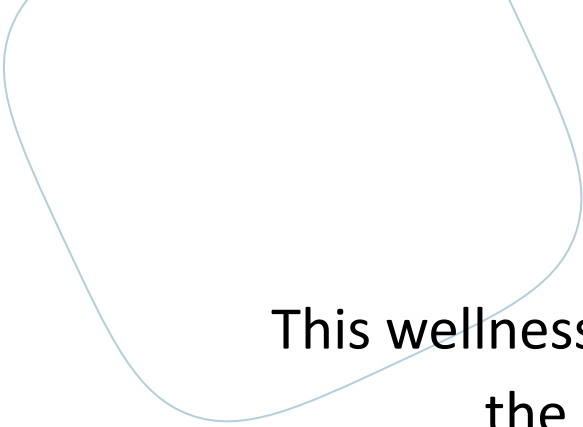


If you enjoyed this session, I recommend you:

- Subscribe to my newsletter at <https://kakikata.ck.page/>
- Follow me on Instagram [@kakikata.space](https://www.instagram.com/kakikata.space)
- My book “Wa: The Art of Balance” is available on [Amazon!](#)
 - Find a way to live healthfully, in a way that brings you joy
 - Discover greater physical and mental well-being
 - Learn to build meaningful relationships



Ask me questions!



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