

Week 6 – Video 17 Homework

- ✓ Journal about your diet
 - What is your diet of choice?
 - Is it in line with recommended guidelines?
 - If not, are you ready for change?
 - If you are, write out a sustainable plan of action
 - Reflect upon if your diet affects your pain experience
 - what would change if you modified your diet?
- ✓ Consider tracking diet with a food journal
- ✓ Practice mindful eating
- ✓ Continue on your value-based goals
- ✓ Continue on your exercise goals

- ✓ Health Canada dietary guidelines: https://food-guide.canada.ca/en/?utm_source=canada-ca-foodguide-en&utm_medium=vurl&utm_campaign=foodguide-2021
- ✓ Healthy eating resource: <https://www.youtube.com/watch?v=fqhYBTg73fw>
- ✓ Mindful eating resource: <https://www.youtube.com/watch?v=dkP6vHSUAGA>