In this session, we will take turns to think about and learn from each other about our relationship with food. In a listening circle, everyone is given equal time to share their thoughts on a choice of questions, without interruption. Please review the listening circle guide before the session.

## 1. Introductions: Why We’re Here (~5 minutes)

*Each participant has ~1 minute to introduce themselves.*

Share your name and what drew you to the session.

## 2. Take a Moment: An exercise to help us focus (~1 minute)

*The host will invite participants to join in a group breathing exercise.*

3. Listening Circle Agreement: How We Will Treat Each Other : (~5 minutes)

*These help to create a safe space for sharing. The host may invite participants to take turns reading them aloud.*

* **Be curious and listen ​to understand**.​ Each person will get a chance to be fully heard and to fully hear what the other participants want to share.
* **Show respect and suspend judgement**. This will help us to learn from each other. Try to truly listen, without interruption or crosstalk so that everyone feels respected and appreciated​.
* **Be authentic and welcome that from others**.​ Share what’s important to you. Speak from your experience not about someone else’s. A good way to do this is to use ‘I’ statements.
* **Keep what is said here confidential**. Share only what you are comfortable disclosing. Also, let’s not hold each other to what we say. When we hear our own thoughts spoken out loud, it helps us to decide what is true for us.

## 4. Food and You: What We’ll Talk About

*The host will keep track of time and gently let people know when their time has finished. The host may also participate but their thoughts carry no more weight than anyone else’s. After each person shares, we will pause for a moment before the next person speaks.*

### Round One: Getting to Know Each Other​ (~10 min)

*Each participant can take 1-2 minutes to answer ​one​ of these questions*. If someone runs out of things to say during their time, we allow them the time to think and share what comes up in the moment.

* What are your hopes and concerns for your family, community and/or country?
* What would your closest friends say about who you are?
* What sense of purpose, mission or duty guides you in your life?

### Round Two: Exploring the Topic – Food and Mood ​(~30 min)

*One participant can volunteer to read this paragraph.*

Sometimes we may eat differently when we are angry, anxious or feeling low. We may seek out certain kinds of foods to help us feel better. Some of us may eat more and others may eat less in response to stressful situations. In this round we explore our experience of the relationship between food and mood.

*Each person takes ~5 minutes to answer one or two of the questions below without interruption or crosstalk. We will have a chance in round three to reflect on what we heard. ​ Continue exploring with other questions as time allows.*

* What is your experience of the relationship between food and mood?
* When you are feeling low or anxious, how does that influence what you eat?
* How does your mood affect what you eat?
* How does what you eat affect your emotions?

### Round Three: Reflection​ (~10 min)

*Take 1-2 minutes to answer ​one​ of the following questions:*

* What was most meaningful or valuable to you in this session?
* What learning or new understanding did you find on the topic?
* How has this conversation changed your perception of yourself?
* Is there a next step you would like to take based on the session?

## 5. Close: Wrap up the session