SLOWING DOWNIN SESSION

A Reflection for Dietitians

THE MENTORD PODCAST

Part 1: Exploring Your Own Urgency & Impulsivity as a Provider

Take a quiet moment to reflect. We recommend journaling your responses or using this in supervision.

Part 1 continued...

	pectations (from school, internship, past
jobs) mig	ght be fueling this urgency?
When wa	s a time I slowed down and it actually
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	ne session? What felt different?
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Slowing down isn't stepping back—it's stepping in with intention.

Part 1 continued...

How do I define "being effective" as a dietitian?						
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You don't need to fix everything to be effective. Your calm presence is already doing the work.

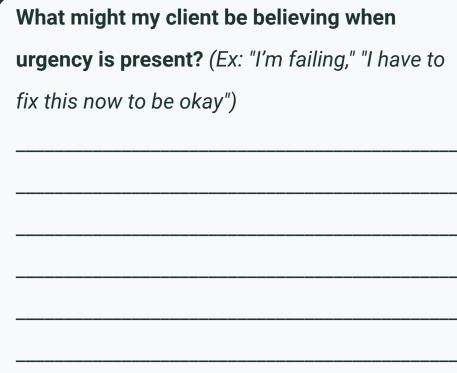
Part 2: Noticing Urgency & Impulsivity in Clients

Reflect on how urgency shows up in your clients' language, goals, and behaviors.

How does urgency show up in my clients? (Examples: wanting a meal
plan immediately, distress over "falling off track," pressure to eat intuitivel
right away)
When my client is in a spiral, what is my first instinct?
What happens if I match their urgency with action? What happens if I
slow down instead?

Part 2 continued...

Urgency is often a cue for regulation, not action.





What messages do I want to send to my			
clients when they are in urgency? (Examples:			
"You're safe even in this moment," "We don't			
have to rush to be doing it right")			

Part 3: Integration & Intention Setting

What would it look like to practice slowness intentionally in my nex	t 3
sessions?	
What scripts or mantras help me regulate when I feel urgency rise?	1
• "I don't need to fix this to be helpful."	
• "We have time."	
"Slowing down builds trust."	

Part 3 continued

How can I build in more space for co-regulation in my sessi	ons?
(Ex: pausing before jumping in, validating before educating)	
What support do I need to keep practicing this shift? (Ex: su	pervision,
nervous system tools, boundary setting, team support)	

Use this worksheet as often as needed—it's not a one-time exercise. Becoming a more grounded, responsive provider is an ongoing, compassionate practice. You're doing great.