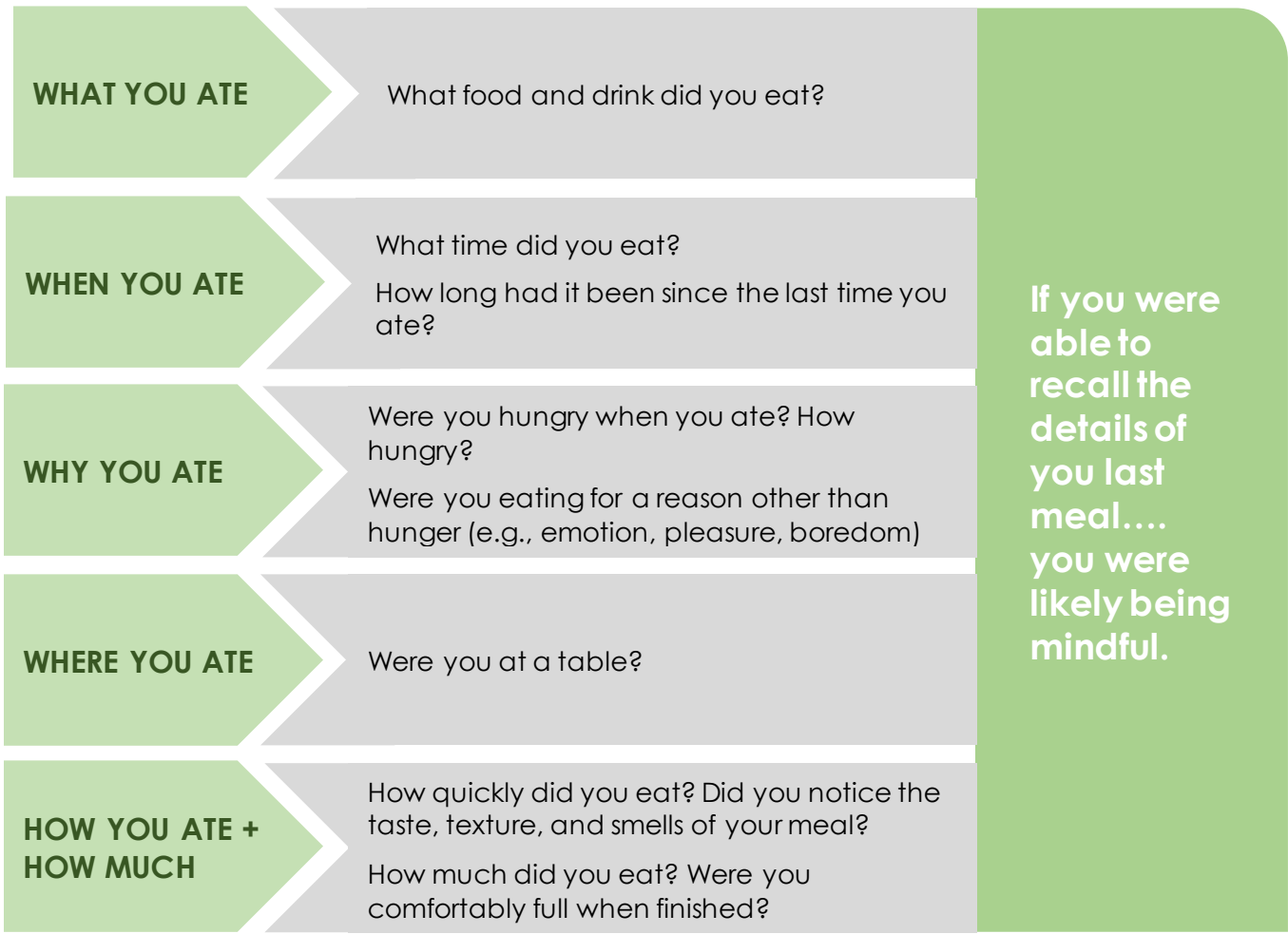
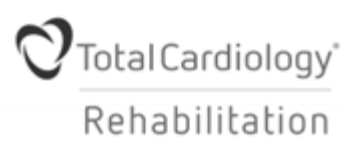


Mindful Eating



Mindful eating is more than just eating without distractions. While removing the TV, your phone, or work is a good first step, the practice also involves being present with the taste, texture, smell of the food and the way your body and mind are feeling, in a non-judgmental way.

MINDFUL EATING SKILLS TO PRACTICE

Take a deep breath and check in with your body before beginning a meal.
Assess how you're feeling and take time to assess your hunger.



Remove distractions and screens from your eating area.



Take notice of the way your food looks and smells.
Allow yourself to experience the taste and textures.



Set your cutlery down between the bites and slow down chewing.



Notice how you feel about the food – is it enjoyable? Do you find it satisfying?
Does the taste become more or less appealing as you eat more?



Notice how your body sensations change as you eat.
Can you feel the subtle approach to fullness?