

Mindful Eating

► *What is mindful eating?*

Mindful eating is a practice that involves paying full attention to the experience of eating and drinking, both inside and outside the body. It means being fully present and engaged with your food, savoring each bite, and being aware of the thoughts, feelings, and sensations that arise during meals.

► *Why practice Mindful Eating?*

Promote Weight Management

Enhance Food Satisfaction

Improve Digestion

Better Connection to Body

Reduce Stress

► *How to eat Mindfully:*

1. **Start with Awareness:** Pay attention to your body's hunger and fullness cues. Are you truly hungry, or are you eating out of habit, stress, or boredom?
2. **Slow Down:** Eat at a slower pace. Put down your utensils between bites and take time to savor the flavors, textures, and smells of your food.
3. **Engage Your Senses:** Use all your senses when eating. Notice the colors, shapes, and smells of your food. Chew slowly, paying attention to taste and texture.
4. **Minimize Distractions:** Turn off the TV, put away your phone, and create a calm and quiet environment for your meals.
5. **Listen to Your Body:** Pause during your meal to check in with your hunger and fullness levels. Stop eating when you are satisfied, not overly full.
6. **Non-Judgmental Awareness:** Be kind and non-judgmental toward yourself. If you overeat or make less healthy choices occasionally, it's okay. Mindful eating is about being aware, not perfect.

Not a diet, but a lifestyle

