

MINDFUL EATING

The practice of Mindful Eating involves bringing intentional awareness to the present moment. Incorporating mindfulness into meal and snack times allows us to more accurately tune into our hunger and satiety cues and notice what our body really wants in the moment.

Instructions

Place the food in front of you (on a plate or in your hand). Sit comfortably in your chair and take a couple of deep breaths - try to let go of any concerns and focus on where you are right now.



Sight: Before you pick up your food, notice how your food looks, examining shapes, colors, textures.



Smell: Gently inhale. Do you notice a scent?



Touch: Pick up your food with your hand or a fork. Does it feel dense or light? Smooth? Wet?



Sound: Take a bite. What sounds do you notice?



Taste: What flavors come through as you chew? Does the taste change as it lingers in your mouth? Is there an aftertaste?

Enjoy!

Savor every bite. Eat slowly and observe what you notice. Give yourself permission to eat more as your body requests.