

MINDFUL EATING



Mindfulness 101

- Mindfulness is awareness in the present moment.
- Mindfulness can be done at any time to help increase our focus.

Why is Mindful Eating Important?

- Mindful eating allows us to focus on our thoughts, emotions and physical sensations during mealtime.
- When we mindfully eat we can increase our enjoyment during meals, reduce overeating behaviors and make healthier choices that satisfy our hunger cues.

Tips for Mindful Eating

- Limit distractions
 - Put all electronics away & eat at a table
- Express gratitude for your meals
 - "I'm thankful for this meal I'm about to enjoy."
- Engage all 5 senses
- Take small bites and SAVOR
- Eat slowly, check in with your stomach every few bits to ensure we are not overeating.

5 Senses Mindfulness



See

What do you see? Focus on the colors, shapes, and textures.



Hear

What do you hear? Focus on sounds, volume, and pitch.



Feel

What do you feel? Focus on sensations inside your body and outside your body.



Smell

What do you smell?



Taste

What can you taste?

PRACTICE

Draw it out!

Use this space to draw the food you are going to eat.



What do you SEE?

Color(s)
Shape
Texture

What do you HEAR?

As you open, cut, or peel?
When you take a bite
When you chew

What do you FEEL?

With your fingers
On your tongue
Inside your body

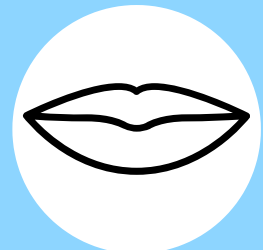
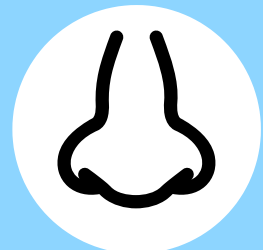
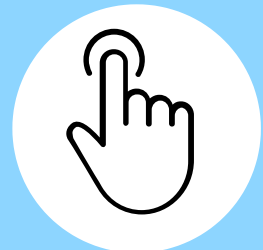
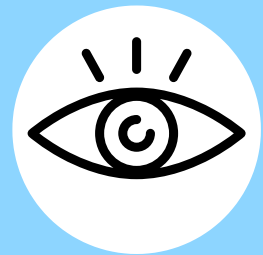
What do you SMELL?

Before you open, cut, or peel
When you open, cut, or peel
After you open, cut, or peel

What do you TASTE?

Sweet? Salty? Bitter?
Does it change?

5 Senses Mindfulness



Draw the food you are eating here



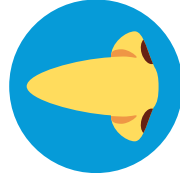
What do you see?



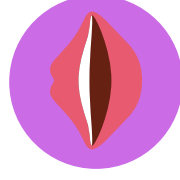
What do you hear?



What do you feel?



What do you smell?



What do you taste?