

# Mindful Eating

## What is Mindfulness?

- Being aware of what is present for you mentally, emotionally and physically in each moment
- A process of observation and attention in the flow of changing stimuli and perceptions

## How Does this Relate to Eating?

- Being mindful during meals allows you to be aware of satiety cues that tell your body when you have had enough to eat. If you're full, pack up the leftovers and bring them to work for lunch!
- Taking a moment to be mindful before grabbing a snack allows you to assess whether you are truly hungry or if your desire to eat is being driven by an emotion such as stress.
- Mindfulness allows the discovery of a far more satisfying relationship to food.
- This technique can help you discover foods you truly enjoy and foods you do not. Give mindful eating a try and you may come to realize that those Chips Ahoy cookies are not actually as delicious and satisfying as you thought!

## Tips for Mindful Eating

- Slow down! Don't rush through your meals. Try putting your utensil down between each bit to ensure that you have chewed and swallowed before continuing to eat.
- Start thinking of meal time as a unique experience rather than simply a time to eat.
- Take time to truly taste your food and recognize how it makes you feel.
- Take a break from your desk and give yourself time to eat. When distracted, it is easy to eat a meal only to realize that you barely remember eating it. Enjoy meal time by being aware of your food and your feelings surrounding the experience.

