

# MINDFUL *eating*

*Eating mindfully or consciously will become second nature as you develop your intuition and take the time to listen to your body's need and signals. Your body will tell you exactly what it needs, we just need to listen.*



Mindful eating is a journey that takes time, through both practice and patience.

1. Ask yourself if you are really hungry? When was the last time you had some water? Do you want a plate of broccoli and chicken right now or are you looking for a salty or sweet snack? How are you feeling? Could emotions be driving you to eat? If so, that's okay just notice them.
2. Set yourself up somewhere you can sit quietly and peacefully without distraction (i.e. turn off the TV and put away your phone), creating your mindful eating space.
3. Take 3 deep breaths. We want to calm the nervous system to active rest and digest mode and to let the body know we are about to be taking in food/fuel not something that it needs to fight.
4. Take a moment to practice gratitude for the food you will be consuming - how it took to get here, and the nourishment it will bring.
5. Use your senses to observe your food - what does it look like? How does it smell? Take time to notice how it tastes, all the different flavours and textures.
6. Chew each bite fully to aid digestion and put your knife/fork/spoon down between each bite. Continue eating this way, slowly, and try to notice when you start to feel full or satiated. Try to notice how each type of food makes you feel as you eat it.
7. Reflect upon how eat food made you feel and the meal as a whole after finishing. Did you feel ravenous at any point? Do you feel satiated? Overly full and heavy? Light and energized? Are you still hungry? Do you crave something sweet?



Well done! Keep going and notice how your body signals become clearer and how good it feels to eat aligned with what your body tells you it needs.

