

5. Mindful eating



Take a moment and notice your meal

DOING

DURATION

10 minutes

FREQUENCY

1x/day

DIFFICULTY

Easy

EVIDENCE QUALITY

★★★★

+ WELLBEING

+ RESILIENCE

+ MOOD

+ ANXIETY

+ STRESS

What it is?

- Mindfulness is the practice of being fully present in the moment, the here and now.
- Often when we eat, our mind is busy with daily problems. In mindful eating you direct your focus to the meal you're about to eat, the textures and the tastes that you can so easily overlook.
- You're going to eat anyway right? This is easy to integrate into even the busies of lives.

What can I use it for?

- You can use it to take a moment to ground yourself, no matter where you are, or what's going around you. It can help your mind de-clutter
- Reconnect with the joy and satisfaction of eating!

How to do it?

1. Eat slower than you usually would, paying attention to your body's signals before, during, and after the meal.
2. Notice the textures, tastes, and smells of every bite of your meal.
3. Eat without distractions, particularly mobile phone screens!
4. You may like to consider and appreciate the journey that everything on your plate took to get there – including the process of producing the food, and those who prepared it.

Anything to consider before I start?

- You don't need to do this for every meal! Start with one a day, and see how you go...

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How will you practice this activity?

When do you think you would like to practice this activity?

How will you celebrate the fact that you've practiced?

It might be helpful to write a habit statement, wrapping up the above sections into one sentence. Do this in the box below.

MY HABIT STATEMENT

Habit Statement:

When will I practice it?

How will I remind myself to practice?

How will I celebrate?

