

MINDFUL EATING



Many weight loss programs focus only on diet and exercise. We can actually overeat healthy foods and/or exercise daily and eat unhealthy, sugary foods. This is why these diets typically don't work for the long term. Today we will talk about how to utilize a powerful tool you have always had with you and will always have. That powerful tool is your mind.

How it Works

What is Mindfulness?

Mindfulness is a state of being aware. It is a process of observation and attention in the flow of changing stimuli and perceptions as we focus our attention and awareness on the present moment, which in turn, helps us disengage from particular habits and behaviors. Mindfulness is 'in the moment,' engaged awareness—not a passive state.

What is Mindful Eating?

Mindful Eating is being fully aware of your eating experience by:

- Allowing yourself to become aware of the positive opportunities that are available through food preparation and consumption by respecting your own inner wisdom.
- Choosing to eat food that is both pleasing to you and nourishing to your body.
- Acknowledging your responses to food (likes, neutral or dislikes) without judgment.
- Being aware of physical hunger/satiety cues to guide your decision about when to begin and stop eating.

How to Practice Mindful Eating:

- Acknowledge that there is no right or wrong way to eat but varying degrees of awareness surrounding the experience of food.
- Accept that your eating experiences are unique to you.
- Make the conscious choice to direct your awareness to all aspects of food and eating on a moment-by-moment basis.
- Look at the immediate choices and direct experiences associated with food and eating.
- Be aware of your hunger before, during, and after eating.
- Take inventory of your insight about how you can act to achieve specific health goals.

Activity: Mantras for Mindful Eating

Engaging in Mindful Eating practices on a regular basis can help us discover a far more satisfying relationship to food and eating than we ever imagined or experienced before.

Below is a list of thoughts to focus on while practicing mindful eating:

- I eat slowly and taste each bite.
- I put my utensils down between bites.
- I prefer eating only when I am hungry.
- I love feeling light and energized after I eat.
- I feel calm and in charge of myself when I eat mindfully.
- I feel confident and self-respecting when I eat mindfully.
- I eat food that makes my body happy.
- I honor my body.
- I honor my emotions rather than stuffing them away with food.