

# Mindful EATING



## Incorporate Eating into Your Mindfulness Practice

During your next meal, think about how you can be mindful about eating and ways you can be more present during mealtimes. These can include leaving your phone, laptop, or TV off, counting the number of ingredients, or describing what you are eating. When you eat with purpose, do you notice a change in your emotional state?

### Use your five senses:

Eating is not just about what is going in your mouth. It is what you see, smell, hear, and feel.

### Take your time:

Taking smaller bites and savoring your food allows for greater satisfaction and fulfillment.

### Eat for your enjoyment:

Eat for fun, pleasure and happiness, not to get full. Eating foods, you love to boost your mood and energy.

### Be present:

Pretend you are a food blogger and be in the moment with your food. A meal can be very meaningful.

### Eliminate distractions:

Try to focus on eating rather than looking at a screen.

### Part 1

**Using your five senses, describe your experience with one food item for 3 days this week:**

1. What did you See?
2. What did you Smell?
3. What did you Taste?
4. What was the Texture?
5. What did you Hear?

### Part 2

**After 3 days of mindful eating, did you notice any changes? List any changes you saw or felt after the 3 days:**

1. Mood Changes?
2. Physical Changes?
3. Changes in Eating Habits?

**Citation:** Aylward, Laura. "When Does Eating Become a Problem?" Society of Behavioral Medicine <https://www.sbm.org/healthy-living/when-does-eating-become-a-problem>

**Submit to [nmpsia.wellness@phs.org](mailto:nmpsia.wellness@phs.org) by February 10 to be eligible for a prize!**

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