Mindful Eating

eatingmindfully.com



What is Mindful Eating?

Being more aware of:

- Your eating habits
- Sensations when eating
- Thoughts, emotions about food

Benefits of Mindful Eating

- Decreases stress reduces emotional eating
- Actually get to taste your food
- Helps with digestion
- Greater awareness of when you are full
- Evidence-based

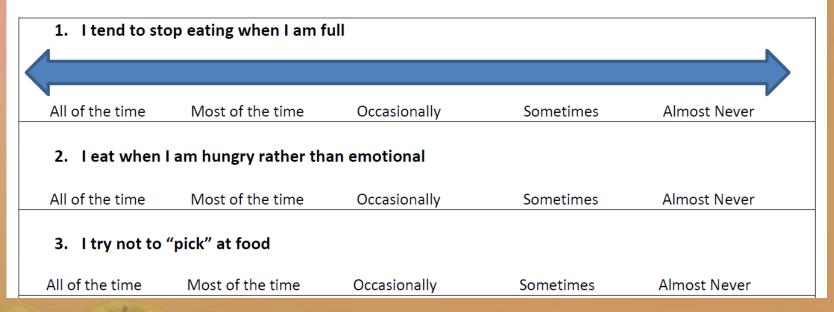
Examples of Mindless Eating

- Eating until you are too full
- Emotional eating (bored, stressed or anxious rather than hungry)
- Eating without really tasting
- Mindlessly snacking in front of the TV
- Eating at same time each day whether hungry or not
- Skipping meals, ignoring hunger signals

Brief Assessment of your Mindful Eating Skills

Mindful Eating Quiz

This is a brief assessment of your mindful eating skills (it isn't a diagnostic assessment). It is to help you to identify which skills you may want to boost. Don't forget to notice what you already do well. After you complete this quiz, write down a mindful eating goal.



Awareness Checklist

Awareness Checklist Am I sitting? Eating fast or slow? Mindlessly munching or noticing each bite Asking "How hungry am I?" on a scale fro one to ten.

- Mindlessly munching or noticing each bite?
- Asking "How hungry am I?" on a scale from
- Multitasking or truly focused on my meal?
- Rumbling stomach or bored, stressed, tired anxious etc.?

www.eatingmindfully.com Susan Albers @2012

THE WELL BEEF

Mindful Eating Tips

Eating Marathon



Reference List

