

MINDFULNESS IN EVERYDAY LIFE: MINDFUL EATING (PART II)

Mindful eating is a powerful practice that can help you cultivate a healthier, more positive relationship with food. By eating mindfully, you can tune into your body's natural hunger and fullness cues, reduce emotional eating and binge eating, and even improve digestion and nutrient absorption.



By savouring your food and fully engaging with your eating experience, you can reduce stress and anxiety, improve your mood, and even enhance your overall well-being.

Step 1: Get Set for a Mindful Meal

- Set the stage for a mindful eating experience.
- Find a comfortable spot to sit down, and remove distractions like your phone or TV.
- Take a few deep breaths and express gratitude for the food before you.
- You could say something like, "I am grateful for this food for nourishing my body and mind."



Step 2: Engage Your Senses and Savour Each Bite

- Engage your senses and savour each bite.
- As you take your first bite, notice the colours, textures, and aroma of the food.
- Chew slowly and notice the flavours and sensations in your mouth.
- Take your time, and enjoy each bite as if it's the first time you've ever tasted this food.



Step 3: Check In With Your Body

- Throughout the meal, reflect on how you're feeling physically.
- Are you feeling full or satisfied?
- Are you experiencing any physical sensations, such as hunger or discomfort?
- Use these cues to guide your eating, and take breaks as needed to allow your body to digest the food.



Step 4: Reflect and Plan for Future Mindful Meals

- What did you notice about your body, senses, and emotions while eating your food?
- How did it feel to eat in a more intentional and present way?
- Use this reflection to plan for future meals and incorporate mindful eating into your daily routine.



Remember, mindful eating is all about enjoying and savouring your food and tuning into your body's signals. By practising mindful eating regularly, you can develop a healthier relationship with food, appreciate the nourishment it provides, and feel more connected to your body and your surroundings.

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

