

Mindful Eating

- Turn off all outside distractions whilst eating: radio, TV, phone, no reading etc.
- Focus on the food to be eaten
- Eat slowly
- Chew the food fully
- Put fork etc down between bites
- Breathe between each bite
- Make the meal last at least 20 minutes
- Ask yourself - are you still hungry?
- Listen to the cues of hunger and feeling full up
- To begin with the act of mindfulness can be challenging, however over time you will get used to this and be able to respond better to cues of hunger and feeling full up.



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Mindful Eating Exercise

- Take a bite of food, close your eyes
- Try not to pay attention to the ideas running through your mind
- Focus on the food
- Describe the food to yourself - hot, cold, crunchy, smooth
- What do you like about it?
- Chew the food slowly and notice what it feels like
- If your mind wanders off (that's normal), try and focus back to the bite in your mouth
- Notice the movement of your jaw
- You might want to swallow - notice this transition from chewing to swallowing
- As you swallow try and follow the food to the back of the tongue, then throat and swallow being aware of the food till no sensation
- Take a deep breath and exhale



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