

Mindful Eating

Worksheet

Mindful eating is a way to focus on the experience of eating instead of the actual food to learn how to enjoy the moment. Mindfulness is being aware of all the things you do – not just going through the motions. So if you were to take a walk, you would pay attention to the grass and butterflies and not so much on the cell phone in your hand. It allows you to quiet your mind.

In the same way, mindful eating allows you to eat small amounts of food and learn to enjoy them and taste them without gulping them down. When you slow down and spend more time eating, you can eat less and feel fuller.

Are you an emotional eater?

1. Did you feel the hunger come on gradually or suddenly?
2. Are you hungry and open about what to eat or trying to feed a craving?
3. Do you stop eating when you are full or keep on eating until the food is gone?
4. Do you feel guilty after you eat?

When you know exactly what you need (craving) and the hunger comes on suddenly, that is typically emotional eating. As well as not being able to stop eating when full and feeling guilty about what you eat. Stop giving power to those emotions and become more mindful of eating.

Mindful Eating is Conscious Eating

You can choose to eat a few of the things that you want if you can control your eating. Letting yourself have some of the items that you want without going overboard is very healthy.

Techniques to Improve Your Mindfulness

Get rid of core beliefs about yourself that encourage negative emotions.

Core beliefs are stories we tell ourselves about how we react to challenges. Do you tell yourself that you can do it or do you say it's too hard. When you have a negative core belief that says you cannot do it, you are less likely to be able to respond in a positive manner.

Consider what options you have before you react. You can choose not to react (if someone is trying to "get your goat" your lack of response will help diffuse the situation).

Choose an opposite reaction – if you were expected to get mad about something, you can react with a question or play the advocate for the opposing side. It will throw your thoughts into a different place and may get you thinking more positively.

Remove yourself from the situation if you feel you are going to react too strongly.

Manage your exposure to negativity. If you are constantly around people who are negative, consider where you have to be exposed to their talk and where it's just advertent (like the lunch room).

Stop doing that which you have control over changing.

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