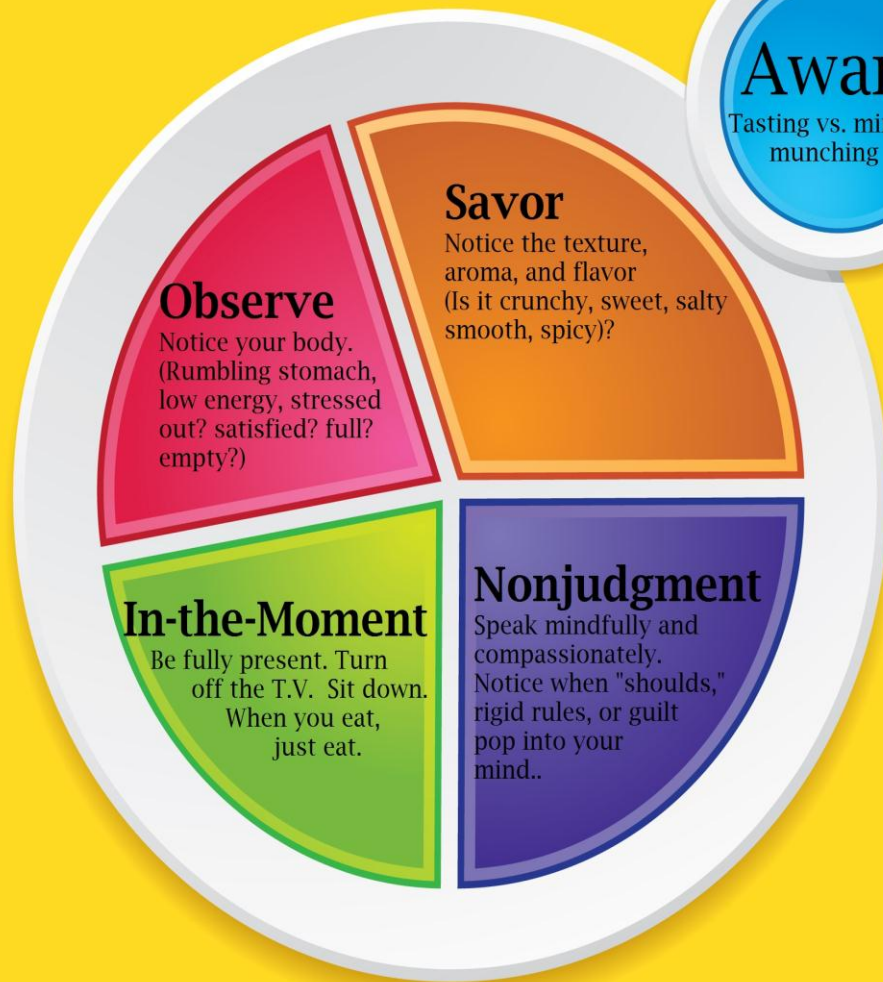


Mindful Eating

www.eatingmindfully.com



Aware

Tasting vs. mindless munching

Observe

Notice your body. (Rumbling stomach, low energy, stressed out? satisfied? full? empty?)

Savor

Notice the texture, aroma, and flavor (Is it crunchy, sweet, salty smooth, spicy?)

In-the-Moment

Be fully present. Turn off the T.V. Sit down. When you eat, just eat.

Nonjudgment

Speak mindfully and compassionately. Notice when "shoulds," rigid rules, or guilt pop into your mind..