

# MINDFULNESS

## 4 SIMPLE STEPS TO EAT MINDFULLY AND REDUCE HOW MUCH YOU EAT

### 1. LISTEN TO YOUR BODY



Ask yourself these questions before you eat.

Am I truly hungry?

When did I eat last?

Am I bored?

Do I want a snack or a proper meal?

How do I feel right now?

Do I want to eat because of my emotions?

Listening to what your body is telling you stops overeating, emotional eating and eating the wrong foods which ultimately make you feel bad, both physically and mentally.

### 2. TURN OFF ALL DEVICES

By sitting at the table with family or friends and engaging in conversation instead of looking at your phone or the TV encourages you to take more time and care with your meal. Being with yourself and your thoughts is also beneficial to realising how much you are eating. Sit down, focus on your eating and savour every bite



### 3. TAKE YOUR TIME

Your meal should not be finished in 5 minutes. Generally it takes 20 minutes for your body to catch up and realise it has had enough to eat. Again, listen to your body when it tells you it is time to stop. Ideally, your body should reach the point of satisfaction, not engorgement.



### 4. EAT NUTRITIOUS FOOD

Enjoying a plate of nutritious and delicious food changes how you feel after eating. You are most likely to feel satisfied, energised and fabulous. This is how you should feel after eating. No guilt or shame. Leave that behind and enjoy feeling amazing

