

Mindful Moments with Where I Stand

Mindful Eating Exercise



Mindfulness is the art and practice of deliberately and intentionally becoming aware. A key component of mindfulness is awareness without judgement. Mindful eating is used to create awareness of what we consume, the process of how we consume and how our bodies feel as we consume it. It is about paying attention to the experience of eating (as we are doing it). Mindful eating is about paying attention to smells, tastes, textures, temperatures, and sounds while we eat! For some this may seem overwhelming.

Here are some tips: Start small: work at first with a yogurt instead of a full meal. Don't multitask and eat without distraction. Focus on each mouthful. Take pause between bites, and take one bite at a time.

Mindful eating can improve enjoyment of food, reduce binge eating and grazing, and help people become more aware of their hunger cues.

Keeping a journal of your mindful eating exercises/experiences can help you develop health eating habits, learn more about taste preferences and learn what foods feel better in your body.

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