Dig in to mindful eating

ADD A PINCH OF HEADSPACE TO EVERY MEAL
What’s behind your meal?

Before digging in, choose what’s driving your decision to eat. Then find the mindful eating tip that corresponds with it.

- Enjoyment
- Bonding
- Emotion
- Fuel
- By schedule
- Something to do
- Old habits
- Sentimentality
- Nutrition

Choose the number that corresponds with what’s driving your decision to eat.
Aside from being the best part of eating, enjoying meals is a critical part of building a healthy relationship with food. Give yourself permission to appreciate every bite.

TIP

Engage your senses

Think of eating as an opportunity to be curious. Try engaging each of your senses during a meal, experiencing them one at a time. How does your food look, smell, feel, sound, and (most importantly) taste?

GIVE THESE A TRY

Cooking exercise

Eating exercise

Eat with all 5 senses (pg. 13)
Meals with friends and family make for memorable experiences. Lean in and savor these moments of community, appreciating the food on your plates together. Your text messages can wait until after.

**TIP**

**Distraction-less meals**

Hear us out: try eating your next meal without TV, social media, music, or anything else. Just be present with your food, using this opportunity to connect with your body and the people around you.

**GIVE THESE A TRY**

- Balance course
- Taking a Break meditation
- Mindful Tech meditation
- Eat with all 5 senses (pg. 13)
Emotion
CELEBRATION, STRESS, COMFORT, REWARD

Sometimes we turn to food for emotional reasons, and that’s OK. What’s important is being aware of these habits, and understanding the thoughts that drive our behavior.

TIP
Pause and reflect
Before and after your meal, use our hunger scale to note how hungry or full you are. Is this meal driven by hunger, habit, or emotion? Just acknowledge your reasoning, knowing that it’s only one choice in your mindful eating journey.

GIVE THESE A TRY

- Breathe mini
- Reflection technique
- Hunger scale (pg. 12)
At its core, food is the fuel we need to survive. We’re at our best when we’re full and satisfied, without the distraction of hunger or being uncomfortably full. So make sure you’re getting that balance.

**TIP**

**Food is fuel**
When eating to fuel yourself, take a moment to appreciate the food on your plate. Engage each of your senses during this meal, and reflect on everyone who helped get it to you. Access to nourishment is something to appreciate.

**GIVE THESE A TRY**

Happiness course

Eating exercise

Eat with all 5 senses *(pg. 13)*
It’s easy to get used to eating at the same time every day, whether it’s by choice or just because of our schedule. In either case, we can still approach meals mindfully.

**TIP**

**Listen to your body**

When our eating habits are built around a schedule, we can lose touch with what the body’s saying. So make sure you’re checking in with yourself. Use our hunger scale to decide when it’s time to dig in, or when to save the rest for later.

**GIVE THESE A TRY**

- Body Scan technique
- Noting technique
- Hunger scale *(pg. 12)*
Something to do
PASSING THE TIME

It’s normal to reach for food out of boredom or procrastination, but that doesn’t mean we have to eat it mindlessly. If you find yourself doing this, remember your intentions for eating mindfully, and consider another activity to occupy you.

TIP
Set an intention
What’s your reason for eating mindfully? Be clear about what it means to you, and maybe even write it down in a journal. When you have clear intentions, it’s easier to make decisions that reflect them.

GIVE THESE A TRY

Walking in the City
Walking in Nature
Motivation obstacle
Hunger scale (pg. 12)
Old habits

JUST BECAUSE

It takes time, but old habits can be undone. When we apply mindfulness to our relationship with food, it’s easier to recognize the behaviors we’ve gotten used to. Acknowledgement alone creates an opportunity for change.

TIP

Stay playful

Instead of letting busy thoughts about food stress you out, just note it as thinking and let it pass. These habits develop over a lifetime, so they won’t vanish overnight. But the less you try resisting them, the more confident you’ll feel.

GIVE THESE A TRY

Coping with Cravings course
Patience course
Dark Side of the Mind animation
Food is at the heart of every culture, and it carries sentimental value that can drive our choices. Create space to enjoy these moments without holding yourself to specific standards. Be kind to yourself and enjoy every bite.

**TIP**

**Be free to enjoy food**

We make 200+ food decisions a day, and mulling over every single one is a lot of work. Remember that mindful eating is about being aware of the choices you make, not always holding yourself back from enjoyment.

**GIVE THESE A TRY**

- Appreciation course
- Acceptance course
- Eat with all 5 senses (pg. 13)
Nutrition
FOR PHYSICAL HEALTH

Being aware of the nutrients in your food and how they affect your body is an important part of eating mindfully. And, it’s even better when coupled with enjoyment. Try to find eating experiences that satisfy both.

TIP
No judgment
The way we talk about food matters, so be conscious of which foods you label as “good” or “bad.” In fact — try not labeling food at all. Food is just food! By recognizing any tendency to categorize, you’ll create more opportunities to reframe your thinking.

GIVE THESE A TRY

Generosity course  Happiness course  Cooking exercise
How hungry are you?
Use this scale to check in with your body before and after eating. The green zone is a good place to start and finish meals.

**STARVING:** You feel weak or dizzy and need to eat ASAP.

**REALLY HUNGRY:** You have low energy and are irritable.

**UNCOMFORTABLY HUNGRY:** Your hunger is becoming distracting.

**HUNGRY:** Your stomach’s growling – time to eat!

**GETTING HUNGRY:** You’re getting hungry, so it’s a good time to eat.

**SATISFIED:** You’re mentally satisfied, but could eat more.

**PLEASANTLY FULL:** You feel physically full, but not uncomfortable.

**STUFFED:** You feel like you couldn’t eat another bite.

**UNCOMFORTABLE:** You’ve eaten more than needed and you’re uncomfortably full.

**FEELING SICK:** You’re not feeling well, and have nausea or stomach pains.
Eat with all 5 senses

Fully experience your meal by appreciating it with every sense.

SEE
What does your food look like? How many different colors are there? What ingredients do you see?

SMELL
How does your food smell? Sweet, savory, or somewhere in between? Do you smell a specific ingredient?

FEEL
Is your food hot or cold? Crunchy or soft? Are you touching it with your hands, or using utensils?

HEAR
Can you hear your food sizzling, simmering, or being stirred? Does it have a crunch? Are there sounds happening around you?

TASTE
What flavors do you taste? Do you taste any specific ingredients? Does the flavor change over time?