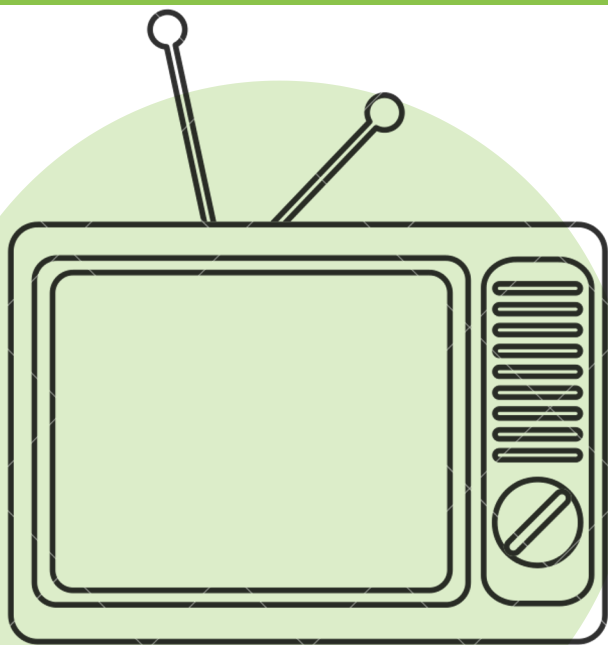


# Eating thoughtfully

Eating thoughtfully means to consider the full experience of eating. The focus is how we eat, rather than what we eat. It begins with assessing the conditions of your eating environment.



## Create a distraction-free zone

Disconnect from your devices. Yes, even your phone! This restores your awareness-making eating a deliberate act rather than a mindless task. Mindful eating is a pleasurable experience, not an entertainment or coping mechanism in the face of stress or difficult emotions.

## Sit at the table

Don't slouch on the couch! Sitting with good posture at the dining table allows for better digestion and also draws attention to identifying fullness. Increase the visual appeal of the meal by setting the table with the fancy dishware and cutlery (use the set saved for holidays!).



## Creating a soothing ambiance

Light a candle. Play music in the background. Learn to appreciate this opportunity to nourish your body. It's meant to be savored!



## Slow down

Mealtime is meant to be enjoyed. Slowing down your pace of eating allows the mind and body to communicate. Taking your time also increases meal satisfaction by observing certain flavors and textures that are often ignored when the meal is rushed. As you slow down, your natural fullness signals become more distinct.



## Engage all 5 senses

Take note of the vibrant colors, smells, textures, flavors, temperatures, and even the sounds (crunch!) of your food. How many times have we multi-tasked through a meal without paying attention to these aspects that every meal provides?

