

## *Dana's Mindful Eating Tips*

- Never ignore hunger, take the time to analyze the situation: Are you thirsty? Are you bored? Are you feeding an emotion? Are you hungry? Don't wait till you're hangry or ravenous.
- What you eat is a choice, consider your options and the emotions that may be going into your decision.
- Dedicate time to eat, experience the smells, taste, textures and colour of your food. Chew your food, don't rush, and listen to your body's cues.
- Eat with others (especially like-minded individuals), and don't eat in front of a device.
- Avoid eating when upset or stressed, calm yourself then eat.
- Food doesn't define you, nor should it make you feel guilty. Poor choices are in the past the next time you eat is a new opportunity to make a wiser choice.
- Take note about how you feel after eating, emotions, energy, and overall well-being?
- Be grateful.



Session Exercise

What improvements do you feel you need to make based on the information you have obtained at this session?

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Based on the above, what goals would you like to put in place to work on over the next week?

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