

# Using Mindfulness to Take Charge of Your Eating!



# Objectives

Define mindful eating.

Describe mindful eating as it pertains to physiological processes.

Name techniques and strategies of mindful eating behavior.

Practice an essential mindful eating exercise.

Identify how you can use these strategies to obtain your goals.

# What is Mindful Eating?

Non-judgmental awareness of physical and emotional sensations associated with eating

Being present when eating

We often eat subconsciously

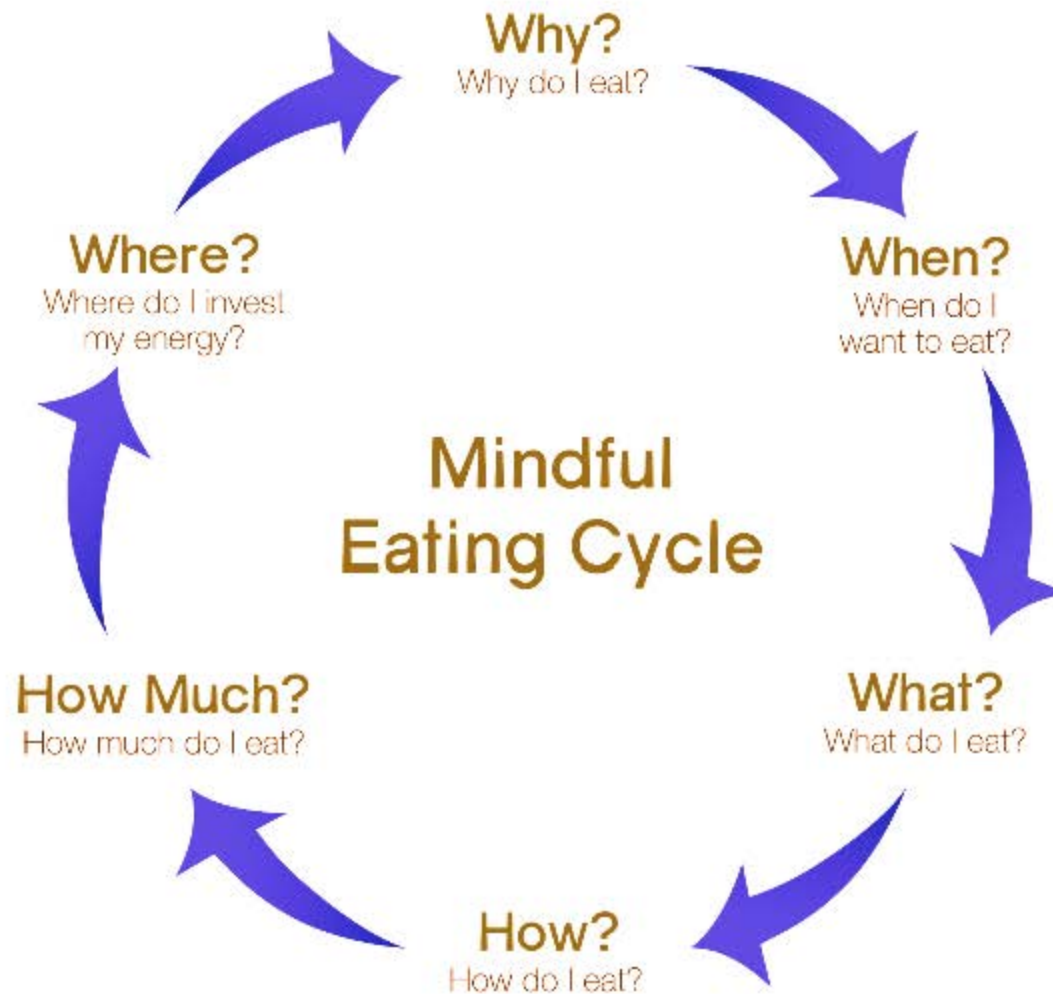
Overeating can be a consequence of unmindful eating

How do YOU eat?

Eat with intention and attention



# Mindful Eating Cycle



From Eat What You Love, Love What You Eat  
©MMXVI, Michelle May MD, [www.AmIHungry.com](http://www.AmIHungry.com)

# Mindful Eating Effects

Digestive system

Nervous system

Weight Loss

Improved psychological effects/self-esteem



# Strategies of Mindful Eating Behavior

Chewing and pacing

Fullness and hunger scale

Body scan

Eat with non-dominant hand

Take breaks

# Strategies of Mindful Eating Behavior

Small utensils

Remove distractions

If you love what you eat, act like it

Decide how you want to feel after you eat

Create a ritual

# Mindful Eating Exercise

- Are you truly hungry from a physical perspective?
- Hunger Fullness Scan





# Meeting Your Goals with Mindful Eating

- Weight Loss
- Comfort after eating
- Appreciation of food
- Social aspect of eating



# Meeting Your Goals with Mindful Eating

- Reduce stress eating and cortisol levels
- Help control diabetes
- Helps improve Disordered Eating
- Greater awareness of your relationship with food and broader surroundings.



# Additional Resources

- **The Mindful Diet**
  - Free mindful eating exercise
- **The Center for Mindful Eating**
  - Free mindful eating meditations
- **Am I Hungry?**
  - Free resources on mindful eating



# Your Employee Assistance Program

**Call toll-free or visit us on the web**

**24 hours a day/7 days a week**

**Thank you!**

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