

MINDFUL EATING 101

Also called intuitive eating, finding ways to engage all of our senses when selecting what food to eat, cooking and eating with intention, and paying attention to our body's cues around hunger and food.

INCREASE AWARENESS

Develop awareness of how your eating habits support your overall health and well-being. Raise awareness of cues that guide what and when you eat and stop eating. Create a greater awareness of your relationship with food and broader surroundings.



BENEFITS

Better control and empowerment to make conscious choices that positively impact your relationship with food and nourish your body, heart, mind, and soul.

A VALUES PROPOSITION

Identifying your personal values can help you start to identify your thoughts relating to food. And help you to recognize these thoughts as simply thoughts.



Focusing on the importance of your personal values allows you to develop a sense of self around food that is not attached to negative thoughts and feelings and doesn't dictate how you respond physically.



THE HOW-TOS

- Make a grocery shopping list...and stick to it!
- Set yourself up for success - think about the week ahead and plan accordingly.
- Be patient, the practice of intuitive takes time and requires just that, practice.
 - Tap into your curiosity and practice self-kindness.
- Try not to skip meals which can lead to impulse eating or overeating rather than meaningful meals.
- Eat with all your senses engaged
 - Turn off the TV, put your phone away, save the book for after dinner
 - How does the food smell? What colors are there? What different textures are there? How does the food feel on your tongue and in your stomach?
- Savor each bite and enjoy the meal as it nourishes you.
- Slow down - take a break between bites and chew slowly.
- Take the time to reflect.
 - Listen to your body after the meal is over - how are you feeling? Physically, emotionally, and mentally?



FOR MORE INFORMATION:

Check out the [Live Well with Alison website](#) for more info on [mindful eating](#) or [contact Alison today](#) for coaching that will help you live well and optimize your life.



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