



My Internal Weather

7 MINDFUL EATING tips



ELIMINATE DISTRACTIONS

Move all potential distractions - phone, laptop, books, or papers - away from your dining area.



EAT IN SILENCE

Turn off the tv, radio, or stereo so that you can fully focus on your meal.



SET THE TABLE

Plate your food and use real utensils and dishes if you can.



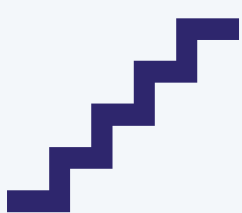
EAT ONE BITE AT A TIME

Put your eating utensils or food down between bites. Finish chewing and swallow before your next bite.

FOCUS ON THE EATING EXPERIENCE

If your mind wanders to your to-do list or something else as you eat, simply redirect your attention back to your meal.

FOCUS



CHECK IN WITH YOURSELF

What is your hunger level before you begin eating? Notice when you begin feeling less hungry and more satisfied.



ENJOY!

Acknowledge that you're honoring your body and giving yourself time to be present for your meal.