



# Dig in to mindful eating

ADD A PINCH OF HEADSPACE TO EVERY MEAL



# What's behind your meal?

Before digging in, choose what's driving your decision to eat. Then find the mindful eating tip that corresponds with it.

**Enjoyment** ~~~~~ 3

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# Enjoyment

JOY, HAPPINESS, PLEASURE, TASTE

Aside from being the best part of eating, enjoying meals is a critical part of building a healthy relationship with food. Give yourself permission to appreciate every bite.

**TIP**

## Engage your senses

Think of eating as an opportunity to be curious. Try engaging each of your senses during a meal, experiencing them one at a time. How does your food look, smell, feel, sound, and (most importantly) taste?

**GIVE THESE A TRY**



Cooking exercise



Eating exercise



Eat with all 5 senses (pg. 13)

# Bonding

THE CENTER OF A GATHERING

Meals with friends and family make for memorable experiences. Lean in and savor these moments of community, appreciating the food on your plates together. Your text messages can wait until after.

## TIP

### Distraction-less meals

Hear us out: try eating your next meal without TV, social media, music, or anything else. Just be present with your food, using this opportunity to connect with your body and the people around you.

## GIVE THESE A TRY



Balance course



Taking a Break meditation



Mindful Tech meditation



Eat with all 5 senses  
(pg. 13)

# Emotion

CELEBRATION, STRESS, COMFORT, REWARD

Sometimes we turn to food for emotional reasons, and that's OK. What's important is being aware of these habits, and understanding the thoughts that drive our behavior.

## TIP

### Pause and reflect

Before and after your meal, use our hunger scale to note how hungry or full you are. Is this meal driven by hunger, habit, or emotion? Just acknowledge your reasoning, knowing that it's only one choice in your mindful eating journey.

## GIVE THESE A TRY



Breathe  
mini



Reflection  
technique



Hunger  
scale  
(pg. 12)

# Fuel

## THE NOURISHMENT YOU NEED

At its core, food is the fuel we need to survive. We're at our best when we're full and satisfied, without the distraction of hunger or being uncomfortably full. So make sure you're getting that balance.

### TIP

## Food is fuel

When eating to fuel yourself, take a moment to appreciate the food on your plate. Engage each of your senses during this meal, and reflect on everyone who helped get it to you. Access to nourishment is something to appreciate.

### GIVE THESE A TRY



Happiness  
course



Eating  
exercise



Eat with all  
5 senses  
(pg. 13)

# By Schedule

EATING BY TIME OF DAY

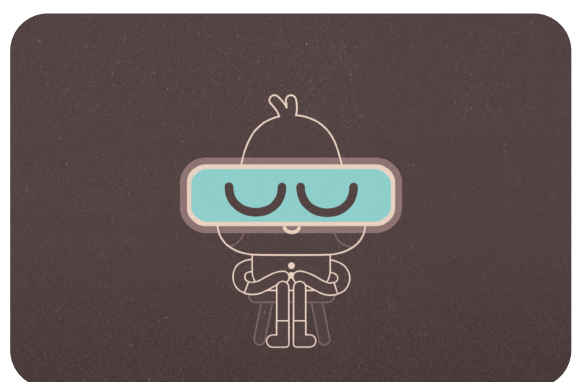
It's easy to get used to eating at the same time every day, whether it's by choice or just because of our schedule. In either case, we can still approach meals mindfully.

## TIP

### Listen to your body

When our eating habits are built around a schedule, we can lose touch with what the body's saying. So make sure you're checking in with yourself. Use our hunger scale to decide when it's time to dig in, or when to save the rest for later.

## GIVE THESE A TRY



Body Scan  
technique



Noting  
technique



Hunger  
scale  
(pg. 12)

# Something to do

## PASSING THE TIME

It's normal to reach for food out of boredom or procrastination, but that doesn't mean we have to eat it mindlessly. If you find yourself doing this, remember your intentions for eating mindfully, and consider another activity to occupy you.

### TIP

## Set an intention

What's your reason for eating mindfully? Be clear about what it means to you, and maybe even write it down in a journal. When you have clear intentions, it's easier to make decisions that reflect them.

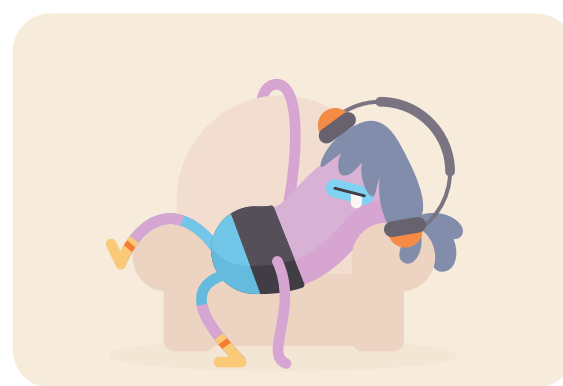
### GIVE THESE A TRY



Walking in  
the City



Walking in  
Nature



Motivation  
obstacle



Hunger  
scale  
(pg. 12)



# Old habits

## JUST BECAUSE

It takes time, but old habits can be undone. When we apply mindfulness to our relationship with food, it's easier to recognize the behaviors we've gotten used to. Acknowledgement alone creates an opportunity for change.

### TIP

## Stay playful

Instead of letting busy thoughts about food stress you out, just note it as thinking and let it pass. These habits develop over a lifetime, so they won't vanish overnight. But the less you try resisting them, the more confident you'll feel.

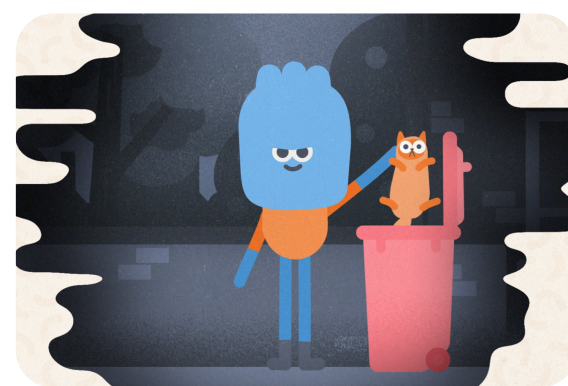
### GIVE THESE A TRY



Coping with  
Cravings course



Patience  
course



Dark Side of the  
Mind animation

# Sentimentality

CULTURE, VALUES, MEMORIES

Food is at the heart of every culture, and it carries sentimental value that can drive our choices. Create space to enjoy these moments without holding yourself to specific standards. Be kind to yourself and enjoy every bite.

**TIP**

## Be free to enjoy food

We make 200+ food decisions a day, and mulling over every single one is a lot of work. Remember that mindful eating is about being aware of the choices you make, not always holding yourself back from enjoyment.

**GIVE THESE A TRY**



Appreciation course



Acceptance course



Eat with all 5 senses (pg. 13)

# Nutrition

FOR PHYSICAL HEALTH

Being aware of the nutrients in your food and how they affect your body is an important part of eating mindfully. And, it's even better when coupled with enjoyment. Try to find eating experiences that satisfy both.

## TIP

### No judgment

The way we talk about food matters, so be conscious of which foods you label as “good” or “bad.” In fact – try not labeling food at all. Food is just food! By recognizing any tendency to categorize, you'll create more opportunities to reframe your thinking.

## GIVE THESE A TRY



Generosity  
course



Happiness  
course



Cooking  
exercise

# How hungry are you?

Use this scale to check in with your body before and after eating. The green zone is a good place to start and finish meals.

**STARVING:** You feel weak or dizzy and need to eat ASAP.

**REALLY HUNGRY:** You have low energy and are irritable.

**UNCOMFORTABLY HUNGRY:** Your hunger is becoming distracting.

**HUNGRY:** Your stomach's growling - time to eat!

**GETTING HUNGRY:** You're getting hungry, so it's a good time to eat.

**SATISFIED:** You're mentally satisfied, but could eat more.

**PLEASANTLY FULL:** You feel physically full, but not uncomfortable.

**STUFFED:** You feel like you couldn't eat another bite.

**UNCOMFORTABLE:** You've eaten more than needed and you're uncomfortably full.

**FEELING SICK:** You're not feeling well, and have nausea or stomach pains.

## Eat with all 5 senses

Fully experience your meal by appreciating it with every sense.

### SEE

What does your food look like? How many different colors are there? What ingredients do you see?

### SMELL

How does your food smell? Sweet, savory, or somewhere in between? Do you smell a specific ingredient?

### FEEL

Is your food hot or cold? Crunchy or soft? Are you touching it with your hands, or using utensils?

### HEAR

Can you hear your food sizzling, simmering, or being stirred? Does it have a crunch? Are there sounds happening around you?

### TASTE

What flavors do you taste? Do you taste any specific ingredients? Does the flavor change over time?