



Mindful Eating

Think about your typical meal or snack, how often are you distracted by other activities while eating?

Your state of mind and your environment have a big impact on just about everything, including your meals and snacks. Mindful eating is a practice that can make eating more enjoyable. That's because practicing mindful eating improves the way your mind and body communicate. By eating more mindfully, you might savor new flavors, feel more satisfied, and be able to enjoy your meal to the fullest!

In addition, mindfulness can help improve your overall mood and help you make food choices that you feel good about. Best of all, trying mindful eating is simple. All you need to do is give your full attention to what you are eating in this moment.

Try this Mindful Eating Exercise:

- Clear away any distractions like electronics, television, or clutter.
- Take a moment to become fully present. Try taking a deep breath or connecting with your body.
- Notice what you are grateful for in this moment.
- Bring your focus on the food in front of you. Notice the colors and aroma.
- Take a bite. Notice the textures and flavors of your food.
- Savor your bite, extracting as much enjoyment as you can from this moment.

How does this compare to your typical eating experience? How do you feel after practicing mindful eating?

**Igniting
Action:**

When can you practice mindful eating? What is one action you can take to create more mindfulness while eating?

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