

Here are a few steps adapted from Mindful.org to help us eat more mindfully:

1. FOCUS ON YOUR FOOD

Many of us are accustomed to multitasking, even while eating. How often do you eat while studying, watching TV, walking to class or scrolling through your phone? Eating while distracted prevents us from noticing our hunger and fullness feelings or from fully enjoying our food. **The next time you eat, try just eating.** Sit at a table away from technology, books and stress, and try to focus on each bit of your meal.

3. GET TO KNOW YOUR HUNGER

It is important to know the difference between true hunger and simply wanting to eat. Our emotions, like sadness, boredom and frustration, can cause us to feel like eating, even when we may not be hungry. Many times we eat because our minds tell us to, not our bodies. **Before reaching for a snack this week, ask yourself if you are truly hungry.** Many times we eat because our mind tells us to, not our body

2. SIT AND SLOW DOWN

Our schedules can become so full that we only leave 10 or 15 minutes for a full meal. But did you know that it can take about 20 minutes for our stomachs to tell our brains that we are full? When we eat very quickly, we may overeat because we haven't given our bodies time to feel full yet. This week, try scheduling in just 20 minutes to sit down and enjoy a break for lunch or dinner. **Give your mind and body rest as you nourish yourself!**

4. GET TO KNOW YOUR FOOD

Mindful eating can begin before you take the first bite! Notice the colors, textures, flavors and scents of your snack or meal. Reflect on any memories you might have of that food or its ingredients. **Think about the ways that dish will nourish your body.**

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