



Practice Mindful Eating

Step 1: Take in the sight (color, shape, & texture). Take a deep breath.

Step 2: Notice the smell & the texture. Continue breathing deeply and relax your shoulders.

Step 3: Put a piece of food in your mouth. Notice the taste, the smell, and the texture. Chew slowly. Breathe deeply.

Step 4: Continue eating the rest of the food, slowly, taking in all the senses as you eat.

Step 5: Notice how you feel after you have eating. Do you feel satisfied? Do you feel good?

Step 6: Let go of thoughts about food. Be satisfied with your choice of food & the amount.

Step 7: Give thanks. Thank God and ask him to nourish your body with the food.

Benefits

- learning when to start & stop eating
- learning to better manage emotional eating & stress
- practicing being present
- improving digestion & absorption of your food
- increased awareness of how you feel during & after eating

Learn more about Mindful Eating and other mindfulness strategies at: