

Mindfulness While Eating

You can practice mindfulness even while you eat

1. Choose a convenient mealtime when you won't be expected to socialize.

2. Eat slowly. Focus on each sensation of your first bite in turn: smell, sight, touch, sound, taste.

3. Immerse yourself in the richness of the practice of eating and try to eat your whole meal slowly.



Health Benefits:

- Reduce stress
- Improved digestive functioning
- Reduced overeating and weight gain

Why it works to reduce stress:

Taking time to appreciate the small things we often miss can liberate us from ruminating on our daily concerns.

