

HOW TO PRACTISE MINDFUL EATING.

STEP 1:

Choose your mindful mealtime

Choose one meal of the day where you can sit down to focus on the experience and enjoy the meal.

STEP 2:

Remove distraction

Remove any distractions such as your phone, laptop, TV or reading materials. Often when we are distracted, we get to the end of the meal without actually tasting our food or enjoying the experience of eating.

STEP 3:

Eat like a food critic

Take the first bite of your meal with your eyes closed.

Engage all of your senses:

- Smell the meal before taking your first bite;
- Consider the flavours, textures and sensations of the food as you chew each and every mouthful;
- Put your knife and fork down between each bite to slow the process down and fully immerse yourself in the moment;
- Savour each mouthful and stop when you are full.

STEP 4:

Check in with yourself

Check in with yourself and reflect on how you are feeling... Are you still hungry or are you eating out of boredom or habit? By tuning into your body, you can train yourself to separate out your hunger signals from your emotional cues to eat.