

M2 Mindful Eating Practices

Just like our basic practice of Mindfulness, mindful eating invites us to bring a **kind, non-judgmental attention to the act of eating**. It includes being fully present with what we are doing and what we are feeling. There is an invitation of compassion and open-heartedness. There is an inter-connectedness with the earth, sun, rain, and all humanity that have brought this food forth.

Arrive

- Arrive, breathe, notice. Set an intention to nourish your body.

Appreciate

- Offer a gratitude or say grace. Consider how far your food has traveled and how many people worked to bring it to you.

Explore with your senses

- Engage each of your senses when you eat. Before you taste your food, use your eyes to notice color, shape and presentation. Perceive temperature or texture. Take in aromas. Eating can be a feast for the senses.

Be curious

- Observe how the body feels when the senses are engaged. Notice what happens in the mouth and in your belly.

Pause frequently

- Put your utensils down between bites

Slow down

- Eat slowly. Chew each bite 20+ times.

Appreciate again

- As you finish eating, recall how you are nourishing your body.

Check in with the body

- Tune into your hunger. Are you physically satiated?

Honor

- Value your inner goodness and the gift your presence brings to others. You are enough!

Prepared by Debbie Hoxea, RDH, MAEd, CMT, MMT