



# HEALTH AND WELLBEING CHECKLIST

Date 

37

## Mindful Eating Guidelines

Mindful eating can improve digestion, reduce overeating, and help you enjoy your meals more. Follow these steps to build a mindful eating practice.

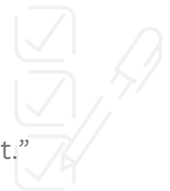
### Eliminate Distractions While Eating

- Turn off screens, put away your phone, and focus solely on your meal.
- Tip: Create a peaceful environment by sitting at a table and minimising noise.



### Take a Moment of Gratitude Before Eating

- Pause to reflect on the food in front of you and express gratitude for it.
- Example: "I'm grateful for this nourishing meal and the effort that went into preparing it."



### Start with Smaller Portions

- Serve yourself a smaller amount and allow yourself to go back for seconds if needed.
- Tip: This encourages you to tune in to your hunger signals.



### Chew Slowly and Thoroughly

- Take smaller bites and chew each one completely before swallowing.
- Tip: Aim to chew 20-30 times per bite.



### Pay Attention to the Taste and Texture

- Notice the flavours, smells, and textures of each bite to enhance enjoyment.
- Tip: Focus on describing the experience in your mind, like "sweet and crunchy."



### Pause Between Bites

- Put down your utensils between bites to slow your eating pace.
- Tip: Take a sip of water or a deep breath before the next bite.



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### Tune Into Your Hunger and Fullness Cues

- Stop eating when you feel comfortably full, not stuffed.
- Tip: Use a hunger scale from 1 (starving) to (overfull) to gauge your needs.



### Avoid Eating When Emotionally Upset

- Recognise when you're eating out of stress or boredom rather than hunger.
- Tip: Practice stress-relief techniques like deep breathing or walking instead.



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