



mindfulness

E X E R C I S E S

Mindful Eating: A Practice

Handout class 1

With mindful eating, we develop kind-awareness of our experiences, physical cues, and feelings about food. Shifting from being controlled by food to being at ease.

Awareness of:

Physical cues of hunger

Cravings

Experiences with: when, what, how and how much to eat

Eating habits & where your energy goes

The Why & When of Eating:

Why do you eat?

Physical Signs of Hunger:

Emotional Triggered Eating:

Environmentally Triggered Eating:

Emotional eating is the use of food to regulate emotions, in other words, attempting to manage our mood with food. Food meets one need best, nourishment, to live our life! Eating when we're not hungry will never meet our true needs. Mindful self-compassion allows us to care for ourselves.

Mindful Exercise: Surveying Your Inner World

Take time to check in with yourself, be comfortable, pause and take a few slow breaths in and out, then let your breath come & go naturally; allowing your body to relax. Then notice what you are thinking and how you are feeling, simply noticing as an observer without getting pulled into the story. Check in with yourself and what you might need. Proceed intentionally.



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EXERCISES

Journey to Health



Pen Bay Medical Center | Waldo County General Hospital

Practice for the Week: We will discuss what you learned in next week's class

1. What does the life you crave look like? (This is not some far off goal. This is your intention for how you want to live your life each day. What would you love to do, that your current relationship with food is preventing you from doing now?) Journal your answer.
2. Daily practice: 5 intentional breaths and surveying your inner world, thoughts and mood.
3. Practice being mindful through-out your day; pause and take a few slow breaths, and then notice your posture, your thoughts, feelings, and needs. Begin noticing what influences the actions you take.
4. Daily practice: Noticing physical hunger, external triggers and internal triggers.
5. Notice eating habits and write in a journal as many days as you can:

With kind awareness ...

- **Why** you are eating – no judgement, simply notice and record



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- **When** you feel like eating notice:
 - physical cues
 - Thoughts – internal triggers
 - feelings – internal triggers
 - environmental triggers – external triggers
 - **What** you feel like eating:
 - when you are hungry
 - when you are triggered by emotions, thoughts or the environment
 - **What** else you decide to do if not hungry & choose not to eat
 - **How much** you eat - notice how you feel after eating
 - Practice asking yourself before eating, “How do I want to feel after eating?”
 - **Where** do you use your fuel – what you do after eating
6. Research resources on mindfulness and share with the group what was helpful to you.

“It is said that we can’t attain enlightenment, let alone feel contentment and joy, without seeing who we are and what we do, without seeing our patterns and our habits. This is called developing loving-kindness and unconditional friendship with ourselves.” - Pema Chodron