



# mindfulness

## EXERCISES

### Mindful Eating: A Practice

#### Handout class 3

#### 3 questions:

1. What do I want?
2. What do I need?
3. What do I have?

#### **What do I want?** (Your mind)

Deciding on a specific taste, texture, temperature, heavy or light food, is there a specific nutrient I am craving.

#### **What do I need?** (Your Body/heart)

Decide what you need to eat based on balance, moderation, personal health needs, preferences and nutritional information.

#### **What do I have?** (Practice of gratitude as well as surveying the options)

Planning and preparation help here, keeping healthy, convenient & appealing foods on hand, bring food with you to work or trips, keep basic cooking ingredients on hand.

Survey the choices available – at restaurants, at gatherings – make your best choice.

Listen to your hunger/fullness cues. Remember your favorite foods will be available again.

#### **Eat with Intention & Attention**

##### Intention

Know your level of hunger, why you are eating, what you want to eat, and how you want to feel when you are finished eating.

##### Attention

Being aware of any distractions. It is our responsibility to be aware of our inner experience, practice using your breath to bring you a sense of centered calm.

Allow yourself to take your time, let go of the need to rush your experience.

**Practice gratitude for all the elements that were involved with bringing the food to this table.**



## Journey to Health



Pen Bay Medical Center | Waldo County General Hospital

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

1. Before you eat, practice asking:
  - a. **Am I physically hungry?**
  - b. **How hungry am I?** (practice giving your hunger a number)
  - c. **What do I want?**
  - d. **What do I need?**
  - e. **What do I have?**
  
2. Eat with Intention and Attention
  - a. Practice gratitude for all that went into bringing food to your table
  - b. Ask, how full do I want to be when I am done?
  - c. Use the "speed bump"
  - d. Check in with your level of fullness midway through your meal
  - e. Practice being aware of any distractions while you eat
  - f. Shift between socializing and eating
  
3. 5 minutes of intentional breathing
  
4. Explore ways to fill your true needs
  
5. What can support your daily practice of mindfulness?
  
6. Continue with your journal

*"What you Practice Gets Stronger"*