

# MIND | BODY | KITCHEN

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## Mindful Eating



### Step one: Read

You're a busy person and while you may have good intentions of sitting down for a meal, but oftentimes you struggle with eating on-the-go or grabbing a quick bite at a local eatery. And, without even realizing it, we've gobbled down our meal and haven't even tasted it.

**Mindful eating involves focusing on the food choices and enjoying what you're eating; noticing the tastes, textures, and enjoyment surrounding the food.**

**Follow these steps to eat more mindfully:**

**Focus on the preparation** - prepare your meal without the usual distractions. Turn off the tv, turn off the ringer on your phone. Enjoy the task of prepping and cooking.

**Set the table** - create a space where you can sit and enjoy your food without disruptions.  
**Bless your food** - Whether you're religious, spiritual, agnostic or atheist, be thankful for your food and saying be mindful to acknowledge that before you begin eating.

**Chew slowly** - When you chew slowly, this will allow for easier and better digestion.



### Step two: Journal

**Grab a journal and use the prompts below to design your own Mindful Eating Practice.**

1. How can mindful eating improve your relationship to food?
2. How do you think mindful eating can help you with loving your body?
3. What changes can you make in your daily schedule to incorporate mindful eating?

*Other ways to create a mindful eating experience include scheduling dinner with family or friends at least 3 to 4 times a week where you prepare a meal together, sit and eat leisurely and clean up together.*

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