

HELPFUL TIPS FOR MINDFUL EATING

1. TO BEGIN, IT HELPS TO EAT SLOWLY SO YOU CAN FEEL ALL THE MICRO-MOVEMENTS & SENSATIONS INVOLVED IN EACH STEP OF EATING.
2. ENGAGE YOUR SENSES (SIGHT, SMELL, TOUCH, TASTE, AND SOUND).
3. OBSERVE EACH STEP OF THE PROCESS. NOTICE WHICH MUSCLE MOVEMENTS ARE REQUIRED FOR EATING.
4. GIVE YOURSELF TIME TO SAVOR EVERY BITE.
5. WAIT UNTIL YOU FINISH EACH MOUTHFUL BEFORE REACHING FOR THE NEXT PORTION.
6. TUNE IN TO SENSE WHAT IT FEELS LIKE TO BE IN YOUR BODY.



SCAN FOR MORE
DETAILED INFORMATION!