

Practice Mindful Eating

Mindfulness & Gratitude

Explore the transformative practice of mindful eating, encouraging awareness and appreciation for each meal.



Mindful Awareness

Mindful eating means being aware of your body. Attempt to eat without distractions as these interfere with cues of satiety.

Eating Habits

Recognize that eating habits are largely shaped by upbringing and emotions. Set a new pattern for eating.



Hunger & Fullness

Let physical feelings guide eating.

Savoring Each Bite

By experiencing each bite it increases enjoyment and helps you recognize when you are satisfied.



Take Your Time

Take your time to savor flavors, reflect on food allowing your brain to register food intake. Using chopsticks may slow down eating.

Thankful Eating

Gratitude encourages a deeper connection to food and fosters a positive mindset around meals.

