

A woman with long brown hair is shown in profile, eating a strawberry. She has her eyes closed and a peaceful expression. The background is a soft-focus outdoor setting, likely a picnic area, with a woven basket containing bread visible in the lower right corner. A semi-transparent beige rectangle is overlaid on the center of the image, containing text and a heart icon.

Mindful Eating

YOU ARE IN CONTROL OF
YOUR EVERY ACTION. LET'S
CONNECT WITH OUR
CHOICES AND LEARN TO BE
MINDFUL OF THE DECISIONS
WE MAKE, AND HOW THEY
MAKE US FEEL



Mindful Eating Challenge

With the distractions of a fast paced lifestyle that most of us are living, it is easy to grab what is quick and convenient to fulfill our hunger. The problem is that these convenience foods are inadequate - they have poor nutritional value, filled with chemicals, and are high in calories. In addition, these habits spiral into other bad habits and sometimes negative feelings about ourselves. Let's start simple. This week's focus is to identify one mindless habit you have (centered around food) and to learn how to break this habit. You are going to give your best effort to avoid that activity all together. Examples of mindless habits are: eating while working on the computer, eating in the car, snacking on the couch while watching TV, or snacking while making dinner.

STEP ONE

Write down the mindless habit you want to work on:

STEP TWO

What do you feel you are trying to escape or what emotion do you feel is tied to your mindless eating habit?

STEP THREE

What is one thing you could do differently to help yourself break the habit?

STEP FOUR

Is there a healthy substitute to help you break your habit?

HABIT TRACKER

Simply write yes or no (whether or not you were able to avoid the mindless habit) next to each day for the week. If the answer is no, give a reason why.

Day One_____

Day Five_____

Day Two_____

Day Six_____

Day Three_____

Day Seven_____

Day Four_____