



# 7 Days of Mindful Eating

## 1 Jot down your plan

At the start of your week, jot down a quick food plan! While you're shopping or picking up food this week, try to keep your plan in mind!

## 2 Handy Reminders

Consider tying a string around your wrist or wearing a certain bracelet or ring as a gentle reminder to eat mindfully.

## 3 Engage your senses

The next time you're eating, take your first bite with your eyes closed. Notice the texture, the sound of the crunch, and every delicious smell and flavor.

## 4 Pause and reflect

Halfway through your meal, take a break to check in with your body (this isn't easy!). From 1-10, how full do you feel?

## 5 Have a seat

Have a seat. When you can, sit down to eat your food without multi-tasking, even if it's just a snack.

## 6 Be kind to yourself

If you don't have the time or energy to approach a meal mindfully, that's OK. Be forgiving with yourself.

## 7 Keep practicing

Like meditation, mindful eating is a skill that takes consistent practice. Keep going!

