

 **WELLNESS WEDNESDAY**

**Mindful Eating**

This week, we’re focusing on mindful eating. Maybe you’re familiar with mindfulness and meditation. Eating is also a great opportunity for deliberate, meaningful presence and engagement with the moment. Don’t let eating just happen to you—eat mindfully!

Here are some handy mindful eating tips:

* **Let your body catch up to your brain**. It takes about 20 minutes for your body to tell your brain you’re full. Eating slowly helps you avoid overeating.
* **Know your body’s personal hunger signs**. Too often, we eat when our minds tell us to, rather than our bodies. Notice when you are eating for emotional reasons, or strictly based on routine. Mindful eating means listening to your body.
* **Understand your motivations**. Do you crave those wings because they’re nutritious, or because they’re emotionally comforting? Fortunately, it’s easy to develop emotional motivations for nutrition. When we eat healthfully, we crave healthy food.
* **Cultivate a mindful kitchen**. Take care in how you stock your pantry and organize your space. When you’re hungry, avoid aimlessly grabbing whatever’s close or sitting down in front of the TV with a container full of leftovers. Assemble an actual meal, plate it, and eat it at the table.
* **Connect more deeply with your food**. It’s so easy to transfer food from a grocery shelf to your mouth with no deeper consideration. It’s worth asking yourself: Where were these ingredients grown? By whom? In what kind of soil?
* **Attend to your plate**. Multitasking may be a prized skill in the job market, but eating deserves your full attention. Challenge yourself to eat without working, watching a screen, or taking a call.

Find more information about mindful eating, and other mindfulness resources, [here](https://www.mindful.org/6-ways-practice-mindful-eating/).

