

STRESS LESS WITH MINDFULNESS


MINDFUL EATING

We will begin shortly.
Everyone is muted and videos are off for this webinar.

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MINDFULNESS IS...

- Paying attention
- On purpose
- In the present moment “Here and Now”
- With a nonjudgmental attitude

Jon Kabat-Zinn(1994). *Wherever You Go, There you Are*.



Just BREATHE...

*Mindful attention to the
breath has been shown to
regulate emotions and reduce
stress.*

<http://yhoo.it/1F0G5sL>

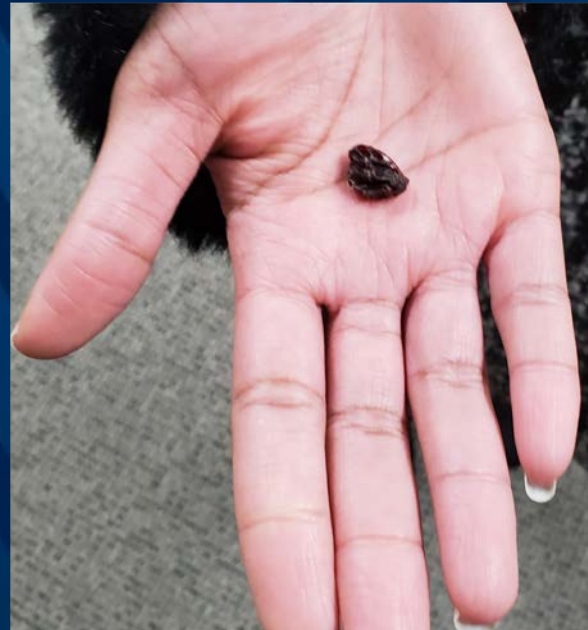
TODAY WE WILL . . .

- Learn benefits of eating with mindful awareness.
- Create a personal Hunger/Fullness Scale.
- Experience mindful eating.



**Mindful Eating has
the potential to
improve our health
and our
relationship to
food.**

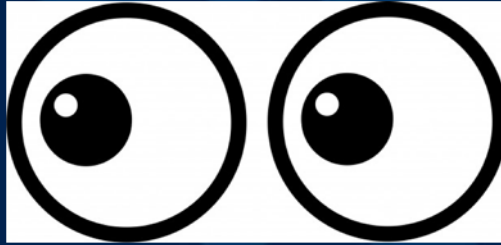




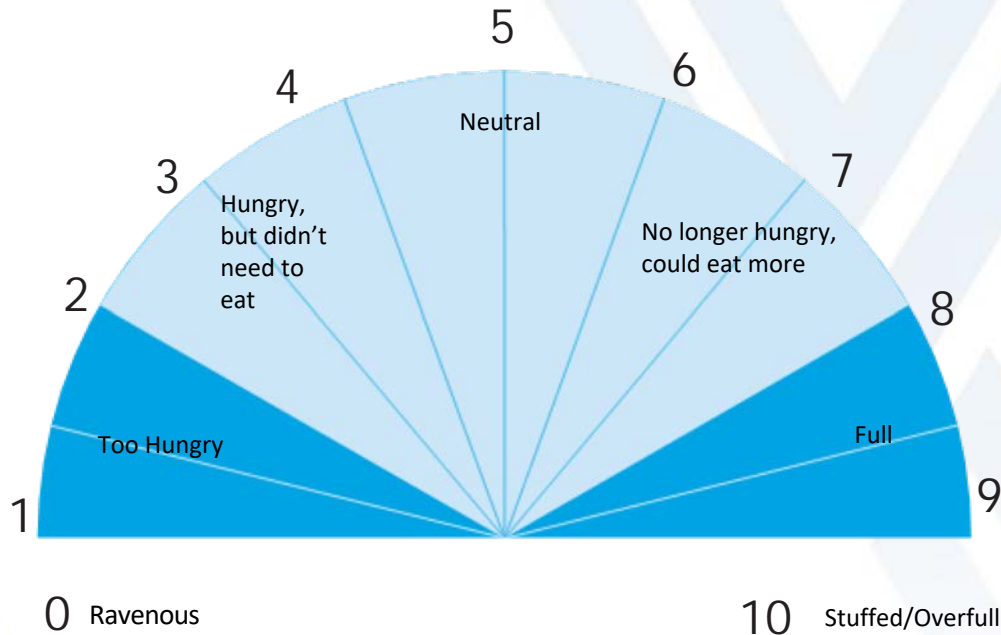
MINDFUL EATING ACTIVITY

A First Taste of Mindfulness

Holding
Seeing
Touching
Smelling
Placing
Tasting
Swallowing
Following



LEARN TO GAUGE YOUR HUNGER



- Find your Healthy Eating Zone
- Mark the number which shows how hungry you are now.
- At what number would you need to stop eating?
- At what number would you need to eat?
- Between these two numbers is your Healthy Eating Zone.

Sizing up your
stomach...



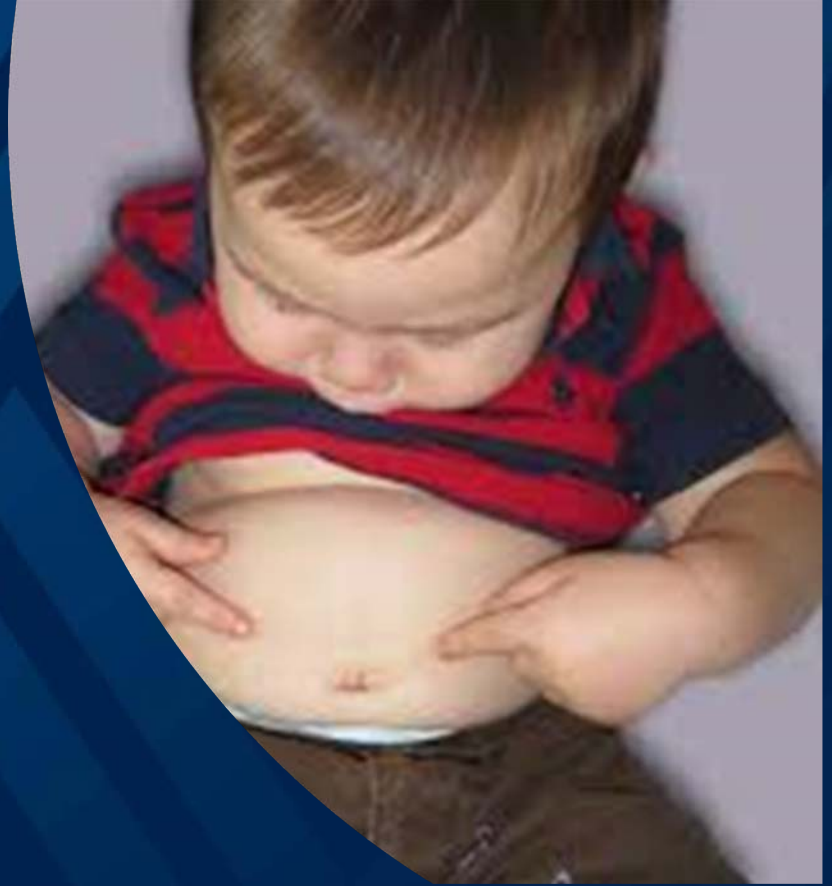
MINDFUL EATING



Awareness
Check

MINDFULNESS EATING BASICS

- Belly check before you eat.
- Assess your food.
- Slow down!
- Investigate your hunger.
- Chew your food thoroughly.
- Savor your food.



Healthy for Life, University of Missouri, Wellness Program



Awareness Cues of Hunger and Fullness

Internal Cues

Hunger

- Tummy growls
- Feel shaky

Fullness

- No longer hungry
- Food no longer tastes good



External Cues



Hunger

- Lunch break begins
- Other people are eating

Fullness

- Plate is empty
- TV show is over

Environmental Cues

- Package size
- Plate shape
- Socializing
- Variety
- Cost-“bargain shopping”



EMOTIONAL EATING TRIGGERS

- Self-soothing
- Avoiding feelings
- Boredom
- Depression
- Distraction
- “Should” eating
- Celebrating



QUALITY VS. QUANTITY



Portion Distortion

- Serving sizes have increased over the last 20 years.
- Larger food packages, plates, serving bowls, spoons...

Leads to increased consumption 15-45%

Guess the calorie difference!

333 calories



590 calories



257 more calories



EXTENSIONSERVICE

Stress Less with Mindfulness WVU Extension Families and Health Programs

Guess the calorie difference!

210 calories



610 calories



400 more calories

Guess the calorie difference!

85 calories



250 calories



165 more calories

EAT FOOD WORTH EATING

- Eat food connected to their source – not processed.
- Eat seasonally- fragrant, tasty: hot in winter, cool foods in summer.
- Go to a farmer's market.





EAT WITH CONTENTMENT & SATISFACTION

 **EXTENSIONSERVICE**

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MINDFUL EATING PRACTICES

Remember to:

- Eat when you're hungry.
- Eat what you are hungry for.
- Understand why you want to eat.
- Taste, smell, and sense every bite.
- Stop when you are no longer hungry.
- Slow down.

(From Susie Orbach's "On Eating", 2002)

3 STEPS TO MINDFUL EATING

- NOTICE – sensations, thoughts, or feelings when eating.
- SHIFT - to gentle appreciation of your food
- PRACTICE - daily mindful awareness of eating.



(From Susie Orbach's "On Eating", 2002)

Your Plan for the Week



- What is the most interesting thing you learned?
- Which practice will you do in the coming week?

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