

HOW TO PRACTICE MINDFUL EATING

- What questions or thoughts arise as you eat? Don't judge your thoughts, just acknowledge that they are there

- Feeling overwhelmed? Come back to self-compassion. What would you say to a loved one if they were in your situation?

- Are you noticing that you are enjoying your meal? Yes/No? Why/why not?

- Have you had enough to eat? Are you still hungry?

- Don't forget to practice self-compassion!