

Do You Use Food to Soothe?



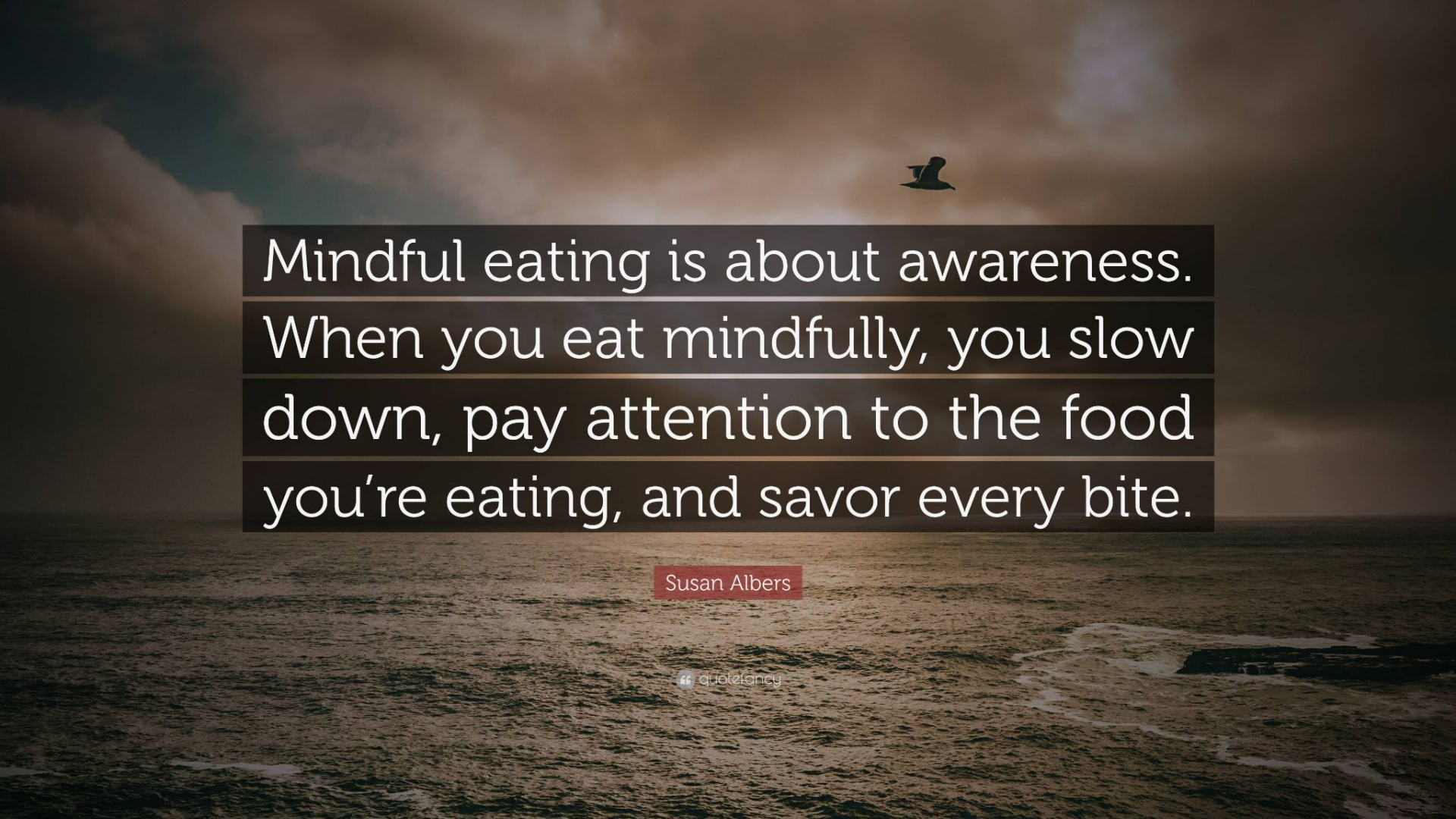
Why Do We Eat When We Eat

Physical Hunger

Emotional Hunger

Environmental Hunger



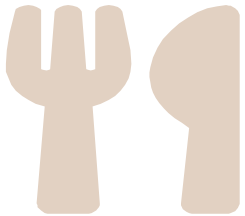
A seagull is captured in flight against a backdrop of a cloudy, overcast sky. Below the bird, the dark, choppy waters of the ocean stretch towards the horizon. The overall mood is contemplative and serene.

Mindful eating is about awareness.
When you eat mindfully, you slow
down, pay attention to the food
you're eating, and savor every bite.

Susan Albers

“ quotezancy

Recognizing your relationship with food



Mindless Eating

Eating past full feeling

Eat when we feel sad,
bored, stressed or anxious

Grazing

Eat foods that are your
'comfort food'

Eat when distracted

Mindful Eating

Listen to body signals for
when hungry or full

Eat when fully engaged in
the meal only

Sit down with family/friends
for set meals

Source: adapted from Christopher Willard, PsyD

Why Do We Eat, When We Eat?



Physical Hunger

Genuine Hunger

Stomach is growling

Low energy

Emotional Hunger

Stress

Boredom,
loneliness

excitement/anxiety

Environmental Hunger

Smell/sight of food

Social gathering

celebration/holiday

Mindful Eating

Having a healthy relationship with food is just as important as what foods you are eating.

Give food your full attention

Learn to identify difference between satisfied and full



Let's Get Started



- Eat Sitting Down
- Place food on a plate
- Look at the food shape, colour, texture
- Smell and note the aroma
- Appreciate meal
- Slow down, tiny bites chew thoroughly
- Pause Before the next Bite

Savor the Flavor



Simple Steps for Mindful Eating



Don't Wait until
You are Famished

Calm breaths
before you begin

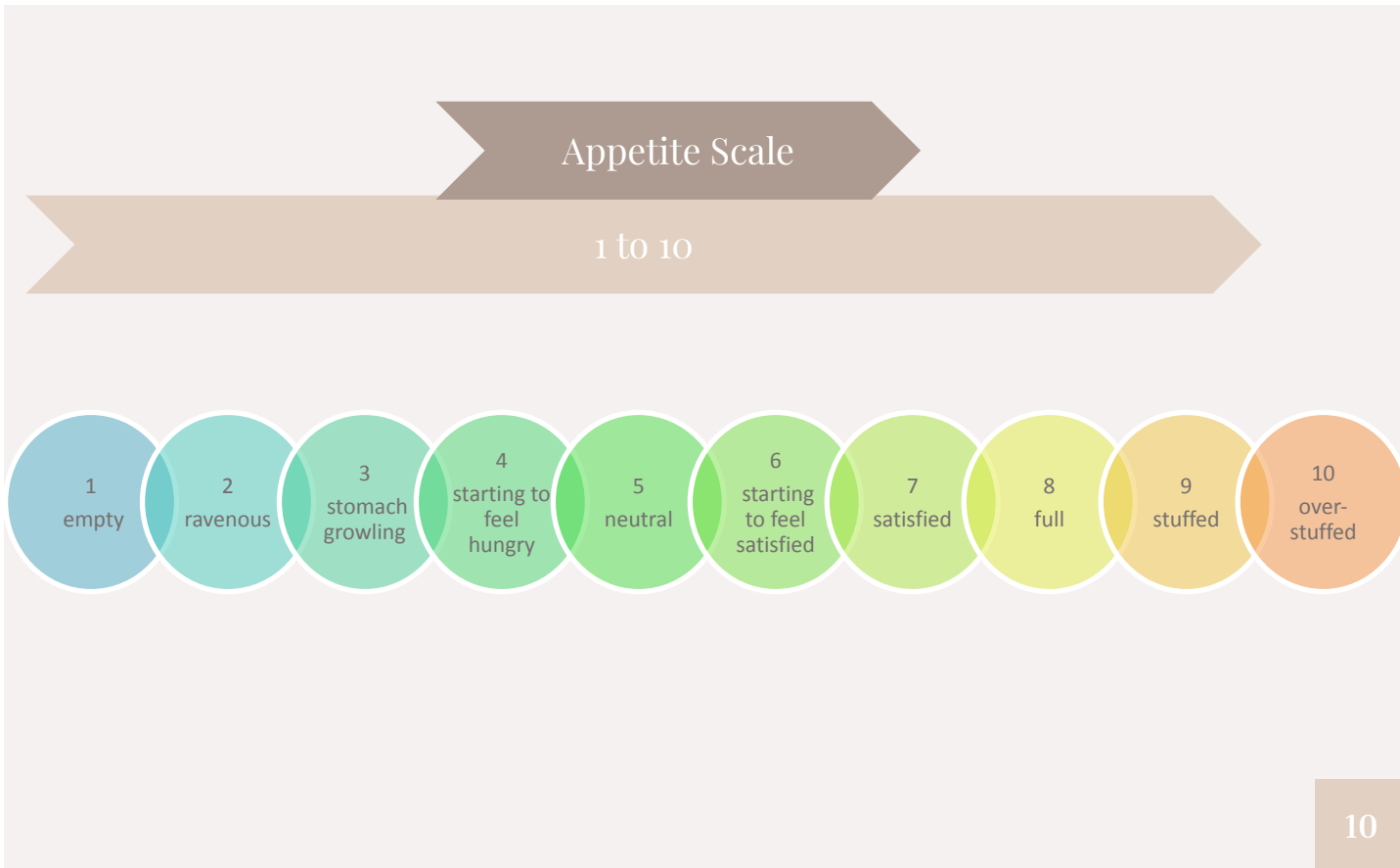
Sit at the Table

Savor appearance,
smell and flavor

Eat without
distractions.

Get up from table
as soon as you are
finished.

Assess Your Hunger and Fullness





Take Three Days

Daily Food and Behavior Record

- Time of day
- Food and Beverages Consumed
- How hungry were you (scale 1-10)
- How long did it take you to eat?
- What else were you doing
- Emotions/feelings/thoughts

Journaling



Fun Activities:

Relaxation Ideas:

Things that Give me a Sense of
Accomplishment:

Extra Resources

amihungry.com with Dr. Michelle May, MD

eatingmindfully.com with Dr. Susan Albers, PsyD



Thanks!

Any questions?

You can find me at:

- Suzanne DiStefano, RDN
- The Weight Loss Center at SOMC
- 609 978 3202

