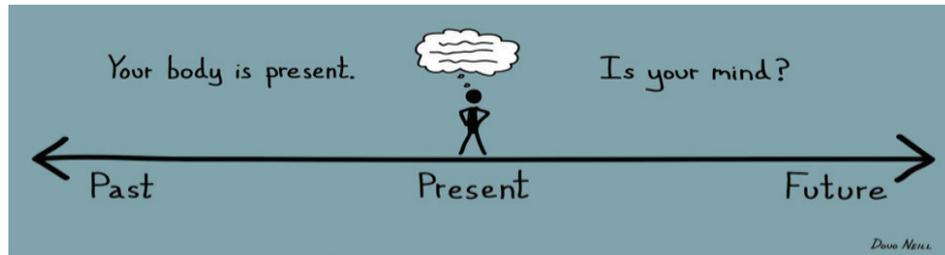


Cravings and mindfulness

What is mindfulness?

"The awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally." Jon Kabat-Zinn



Hunger scale



Benefits of mindful eating

- Helps develop a better relationship with food and body image
- Has been shown to help with weight loss and improve food choices
- No strict rules, no cost and can be simple to practice
- Can help reduce stress and anxiety levels

Top tips!

- Use the hunger scale to rate your hunger before, halfway through and after eating.
- Create a pleasant eating environment and try to minimise distractions.
- Slow down your pace of eating by chewing more and putting your knife and fork down at regular intervals
- Use smaller sized plates and bowls
- Focus on the present moment whilst eating: the smell of the food, texture and the various tastes of the food. Notice how all these things change moment by moment.
- When you have a craving, try the mindful breathing exercise above and allow at least 30 minutes to see if the craving reduces.

What is mindful eating?

"Using all your senses in choosing to eat food that is both satisfying to you and nourishing to your body... Becoming aware of physical hunger and satiety cues to guide your decisions to begin and end eating."

Megrette Fletcher

