



Nourish Mindful Eating *Mindful Eating Day 2017*

Heal your relationship with food

Mindfulness provides us with opportunities to notice our experience and respond with kindness. It is in these moments that we are in a position to nourish ourselves with foods that best meet our needs at that time. How would you describe your relationship with your body, food and eating? Mindful eating can give us tools and support to discover an ally within each moment.

Compassionate curiosity helps you be more present

When we're able to ask "what's going on here?," we allow ourselves to view our experience from a place of non-judgment and observation, rather than criticism. This opens up opportunities to evaluate our choices. Are you able to imagine what compassionate curiosity might sound and feel like? Let's open the door a little to our experience with food. Can you be a little kinder? A little more curious? A little less critical? A little less harsh? What might be one small step you can take? The ability to pause and become aware of your direct experience with feelings, thoughts, and physical sensations helps you to discover new options and choices.

Respectful care in the present moment

When we're able to nourish ourselves from a place of respect and care, we're much more likely to be able to tune into what we need at any one time and acknowledge that our needs change over time. Even when the present moment isn't delightful, did you know that pausing and acknowledging what is present gives you the information you need to change?

Nourish mindful eating with joy

"When the joy goes out of eating, nutrition suffers." (Ellyn Satter) Joyful eating is prioritizing the inclusion of foods you enjoy. It helps you to feel good. Many people ask, "Will I lose weight eating more mindfully?" Mindful Eating isn't a diet or a way to lose weight, but a foundation for you to develop a healthy relationship with food and eating, one marked by both joy and pleasure.