



Meditation

Mindful Eating Meditation



Meditation Preparation



Silence your phone



Exit out
of email



Create a
quiet
Space



Play
music

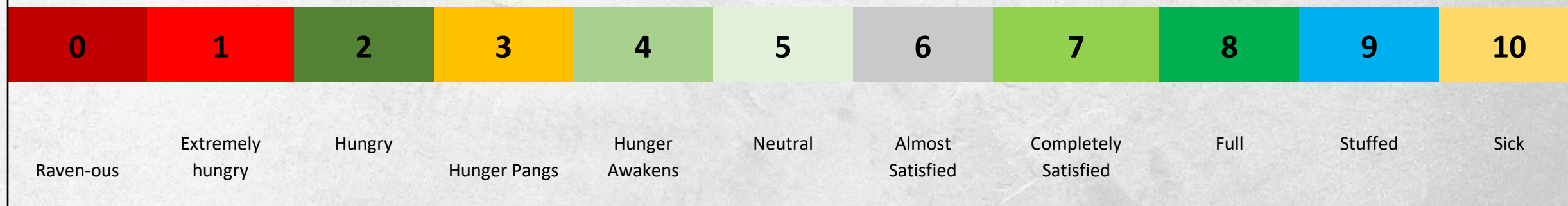
Opening Meditation

- Eat only when physically hungry
- Make conscious food choices
- Enjoy food each time you eat
- Recognize fullness
- Stop eating when you are full



Measure Your Hunger

The Hunger Scale



Mindful Eating Meditation



Strategies for Mindful Eating

- Try eating a meal or snack mindfully, in silence
- Slow down your movements so that you can observe the entire process
- Turn off your phone, television, radio, etc.
- Observe the colors and textures of your food
- Take 15 to 20 minutes to eat your meal

Contact:



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