

# MINDFUL EATING RITUAL

*When applying the buddhist concept of mindfulness to your mealtime, you can experience major changes in your mood, mindset, digestion & physical satisfaction!*

Today's Date:

Food/Drink To Enjoy:

Cravings Before:

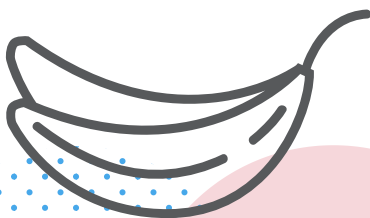
Mood Before:

**1** pick one meal, snack or drink per day that you can commit to enjoying free from distractions

**2** choose a calm space to enjoy away from other people, the car, your desk or in front of a screen

**3** go to that "happy place" and get zen. I love to sit in my fav egg chair under a palm tree outside!

**4** take 5 deep breaths in to the count of 5. hold to the count of 5. exhale and let it all out to the count of 5



**Pro-Tip >>>** *For added relaxation, inhale a lavender or peppermint essential oil as you breath in & out and feel your stress just melt away....*

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*"When you eat mindfully, you allow your body to move from "fight or flight" to "rest & digest." In this blissful place, your hunger hormones effectively communicate, you have time to fully enjoy the flavor & you become more satisfied with less cravings! No restriction required to experience CHANGE"*

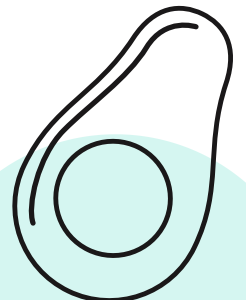
- Jess Suchan, Holistic Health & Wellness Coach

**5** enjoy each bite with gratitude. Physically look at the food and think about how it feels in your mouth.

**Think.** how does it taste?  
Is there anything you could add/remove to make it more enjoyable?

**Think.** what flavor combinations are present?

**Think.** how do you feel while eating this? calm, stressed, guilty, happy, grateful etc.



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*Take a few minutes to journal your thoughts...*

Cravings After:

Mood After:

Today's Gratitude:

Today's Little Victory:

**Write.** what did you like/dislike about this time?

**Write.** how was it different from your normal routine?

**Write.** did you feel more satisfied after your meal?

**Write.** would you like to incorporate this into your weekly routine? How?

