

# Wellbeing Tip of the Week

## Mindful of Mind-full? (Part 2)



Last week we looked at how we can focus our minds to pay full attention to one single activity. This week we are going to think about one specific aspect of mindfulness, mindful eating. Mindful eating is all about paying attention to the way we eat. Research has shown eating mindfully improves digestion, regulates our appetite, and helps us enjoy our food much more.

1. Start by having a **good look** at what you're about to eat, notice the textures, shapes and colours, and any smells and sounds.
2. When you take a bite, **notice the temperature, the texture and all the different tastes** and how they feel in your mouth.
3. **Take the time** to eat your food, focus on your mouth chewing and your breathing as you go. Aim to chew each bite for at least 20 seconds.

Being mindful when we are eating allows the body to respond effectively to what it's doing. If you eat whilst worrying about school or work, the body is in stress mode and digestion is compromised.

Eating mindfully also helps our brain to recognise when we're full, preventing us from overeating. When you've finished eating become aware of your breathing, try to notice the feelings of fullness and any tastes that linger.