

# Wellbeing Tip of the Week

## Mindful Eating



When was the last time you truly paid attention to what you were eating?

Often, we eat in a hurry, on autopilot or watching what's on a screen in front of us. Mindful eating invites us to remove those distractions and sit interrupted with our food and take our time. This allows us to savour the flavours, the aromas and textures, and we reconnect with our senses.

Once we bring our attention to whole experience of eating, we stop getting lost in the thinking mind and becomes less caught up in any emotions we might have around food. We allow ourselves to be re-acquainted with the pleasure of eating. Here are some tips to help you on your mindful eating journey:

1. Start by having a good look at what you're about to eat, notice the textures, shapes and colours, and any smells.
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.

It will be difficult to do this with every meal, but when you can have a go and see if it makes a difference to how you feel after.