

Wheel of Wellbeing

Place: *Mindful Eating*

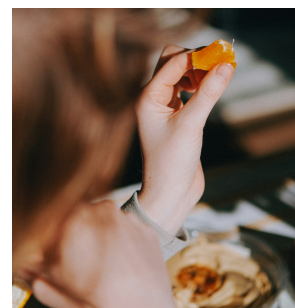


Overview of the activity

Mindful eating is the practice of paying full attention to the experience of eating, focusing on the food's taste, texture, and smell, and being aware of your body's hunger and fullness cues.

Why do this?

It helps prevent overeating, improves digestion, and fosters a healthier relationship with food. By slowing down and eating with intention, people often make better food choices, experience greater satisfaction from meals, and reduce stress-related or emotional eating. Ultimately, mindful eating can support both physical well-being and mental balance.



Instructions

You can start by eating just one meal a day mindfully, then gradually incorporate the practice into more meals throughout the week as you get comfortable. The goal is to be more attentive to your hunger cues, the food's sensory details, and your body's fullness signals.

Preparation

- **Create a calm space:** Eat at a table without distractions like a TV, phone, or computer.
- **Engage the senses before eating:** Look at your food, notice its colours, and smell it to appreciate it before you even take a bite.
- **Acknowledge the food's journey:** Take a moment to think about where the food came from and the effort it took to get to you.

Eating

- **Put down your utensils:** Place your fork or spoon down between bites to create pauses and slow your pace.
- **Chew thoroughly:** Chew each mouthful 30 times or more to improve digestion and help you feel full.
- **Be present with each bite:** Focus only on the food you are eating at that moment, not on what you will eat next.
- **Observe yourself:** Pay attention to textures, temperatures, and tastes as you eat. Focus on how the food makes you feel.
- **Notice:** When you feel full.



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