



Mindful Eating

June 18, 2018

We hope you're enjoying summer.



We want to let you know that we need to change the October training date from October 13th to October 20th. The other training date you can attend is September 15th. Please mark your calendars and plan to attend one of the days. The training will be held from 9:00 a.m.- 4:00 p.m. at Beech Acres Parenting Center, [6881 Beechmont Ave. Cinti. Ohio 45230](https://www.beechacresparentingcenter.com) on each of the days.

Since many of you were interested in the topic of Mindful Eating as a follow up to one of our practices, we thought you would enjoy the following tips:

6 Easy Ways to Be A More Mindful Eater by Dr. Susan Albers

1. Mindful eaters don't eat until they are "full."

Full is an overused and misleading term. Mindful eaters tend to eat until they are no longer hungry or feel satisfied. There is a big difference. By the time you perceive yourself to be "full," it is often too late, you've overeaten.

2. Mindful eaters pace themselves.

This is not easy. We live in a world that stresses instant access and hurrying eating is no exception. Mindful eaters tell themselves to "slow down" or try to check in with their pace.

3. Mindful eaters are "Choosy."

While mindful eaters may seem like picky eaters, they are often just very discerning about the choices. Mindful eaters really taste food and if they don't like it, they don't eat it, just like picky eaters. Also, they aren't afraid to tailor food to their

particular taste. At restaurants, a mindful eater may ask the staff to make a few tweaks to their order.

4. Mindful eaters are forgiving and flexible.

Yes, mindful eaters overeat on occasion! What they don't do is obsess and beat themselves up as much as dieters. Mindful eaters know that tomorrow is another day and can "let it go."

5. Mindful eaters tend to gauge their hunger first before taking a bite.

Being in the moment and fully present is key to mindful eating. Take a brief moment to ask yourself before taking a bite. "Am I really, really hungry? What I am feeling right now is...."

6. Mindful eaters break out of old habits.

When you know what habits keep you stuck like multitasking when you eat or nibbling while anxious, you can devote more energy and attention to these particular areas. Sometimes it is changing how you eat more than what you eat.

Remember to breathe,
Arlene, Nancy and Jaimi

Responses:

Thanks Arlene! I have really been utilizing the things you all taught us! I love it.
Katie Luning

Thank you!! (By the way, I have so appreciated the June training days. Perfectly timed. My refrigerator quit working the day after our training and of course I had just stocked up. I found myself getting centered immediately after discovering it registered 70 degrees for who knows how long. I also repeated centering and used several tools you shared as necessary. I seem to more automatically do this after our training. Thanks for all you do. It truly is a wonderful training. Feeling blessed to have had the opportunity to participate.)