

Mindful eating

Session Objectives

1. Participants will engage in 45 minutes of physical activity.
2. Participants will discuss the basics of mindful eating.
3. Participants will engage in a mindful eating experience.

Supply List

Tracking sheets

Mindful eating handout

https://thecenterformindfuleating.org/Resources/Documents/principles_handout_1_22.pdf

Hunger scale handout

Raisins

Physical Activity *30 minutes*

Facilitate physical activity and/or lead walking group. Adults and older teens (15+) can use the fitness facility.

Power House Activity

Part 1: Group Check-in *5 minutes*

Participants will review goal progress and set goal(s) for the next week.

1. Have participants turn in tracking sheets.
2. Handout participant journals. Participants will reflect on goal progress and set goals for the upcoming week.
3. Ask participants to share about goal progress.
4. Return tracking sheets with feedback.
5. Encourage continued food and activity tracking.

Write positive feedback on tracking sheets while participants are setting goals for the next week.

Part 2: Mindful Eating *20 minutes*

Participants will discuss mindful eating and engage in a mindful eating experience.

1. Facilitate discussion on mindful eating.
2. Introduce the hunger scale as a way to gauge hunger and fullness.

Facilitator's reference:

Mindful Eating BASICS

Definitions:

1. Mindfulness: being present in the moment on purpose and without judgement.

2. Mindful Eating: using all your senses in choosing to eat food that is both satisfying and nourishing to your body. Eating without judgement.

BASICS

Mindful eating basics are guidelines, not rules, for ways to start eating more mindfully. Mindful eating can help us “tune in” to hunger and fullness signals.

Breathe

- Breathe and belly check for hunger and satiety before beginning to eat.
 - Take five deep breaths. Inhaling deeply, holding breath for a second and exhaling completely. During breathing, check how your stomach is feeling. Are there signs of hunger (growling, gurgling, emptiness)? How hungry do you feel?
 - Consider using a hunger scale to gauge hunger and fullness.
 - A hunger scale is a ranking from 1 to 10 with 1 feeling extremely hungry and 10 feeling extremely full.
 - Aim to eat when feeling comfortably hungry (3,4) and stopping when feeling comfortably full (6,7).



Assess

- Assess the food.
 - What does your food look like? Where does it come from? Consider the sun, the rain and all of the other processes by which this food has arrived in front of you today. Ask yourself if this is a food you really want.

Slow

- Slow down while eating.
 - It takes time for the brain to get the signal of fullness. Slowing down while eating makes it easier to sense fullness. Try setting a timer, putting fork down between bites, pausing and taking a deep breath between bites and chewing the food completely.

Investigate

- Investigate hunger and fullness.
 - Consider levels of hunger and fullness throughout the meal. Minimize distractions while eating. During the meal focus on eating, tasting and assessing fullness. Pause half way through the meal to listen for signs of hunger and fullness. Give permission to stop or continue based on how full the stomach feels.
 - The hunger scale can be a helpful tool to consider your level of fullness mid-way through the meal.

Chew

- Chew food thoroughly.
 - This helps to slow down eating and listen for signs of fullness.

Savor

- Savor the food.
 - Take time to really enjoy the food and get satisfied. Choose food that honors your taste buds and the body. Be present to the experience of eating and the pleasure that it brings.

Adapted from:

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www.TastingMindfulness.com

www.tcme.org

3. Facilitate mindful eating experience.

Facilitator's reference:Mindful eating experience

Holding

- First, take a raisin and hold it in the palm of your hand or between your finger and thumb.
- Focusing on it, imagine that you've just dropped it from Mars and have never seen an object like this before in your life.

Seeing

- Take time to really see it; gaze at the raisin with care and full attention.
- Let your eyes explore every part of it, examining the highlights where the light shines, the darker hollows, the folds and ridges, and any asymmetries or unique features.

Touching

- Turn the raisin over between your fingers, exploring its texture, maybe with your eyes closed if that enhances your sense of touch.

Smelling

- Holding the raisin beneath your nose, with each inhalation drink in any smell, aroma or fragrance that may arise, noticing as you do this anything interesting that may be happening in your mouth or stomach.

Placing

- Now slowly bring the raisin to your lips, noticing how your hand and arm know exactly how and where to position it. Gently place the object in the mouth, without chewing, noticing how it gets into the mouth in the first place.
- Spend a few moments exploring the sensations of having it in your mouth, exploring it with your tongue.

Tasting

- When you are ready, prepare to chew the raisin, noticing how and where it needs to be for chewing.
- Then, very consciously, take one or two bites into it and notice what happens in the aftermath, experiencing any waves of taste that emanate from it as you continue chewing.
- Without swallowing yet, notice the bare sensations of taste and texture in the mouth and how these may change over time, moment by moment, as well as any changes in the object.

Swallowing

- When you feel ready to swallow the raisin, see if you can first detect the intention to swallow as it comes up, so that even this is experienced consciously before actually swallow the raisin.

Following

- Finally, see if you can feel what is left of the raisin moving down into your stomach, and sense how the body as a whole is feeling after completing this exercise in mindful eating.

https://ggia.berkeley.edu/practice/raisin_meditation

4. Participants will brainstorm ideas that would help increase mindfulness when eating.

Facilitator's reference:

Tips for Mindful Eating:

- Sit at a table to eat meals and snacks.
- Put food on a plate, avoid eating from the container.
- Keep TV off during meal times.
- Make meal times a “device free” zone.
- Eat meals together.
- Practice setting down utensils or taking a breath between bites.
- Set timer and see how long it takes to finish a meal. Gradually increase time.
- Pause halfway throughout the meal.

Shared Meal *30 minutes*

Focus on building relationships with families.

The Hunger Scale

