

**HRIC  
HELPFUL  
HINTS**

**MINDFUL  
EATING**

The ability to be mindful (being fully aware and present without judgment) has become a goal for many of us as we struggle with the demands and distractions of our current fast paced and often too stressful lives. As more and more of us also find ourselves struggling with unhealthy eating patterns, the need for applying mindfulness to how we approach and experience eating becomes all the more valuable and helpful.

## What is mindful eating?

Mindful eating is about being present and attentive while eating and drinking. This involves paying attention within our bodies and outside our bodies. We pay attention to our hunger cues, our satiety levels, the shifts in hunger and satiety as we eat, our senses (i.e.: taste), etc...

We also pay attention to the foods or drinks we are consuming (colors, textures, shapes, aroma...)

Without judgment, we try to observe how eating affects our mood and vice versa. When we are fully present and self aware with self compassion (instead of judgment), we can allow our body's internal wisdom to guide us in eating mindfully.

### Tips for mindful eating:

- Eating in a way that responds to the body's hunger, appetite, and satiety cues (ie: stomach growling, feeling low energy, feeling full...)
- Eating without any other distractions such as working on the computer and watching TV. In other words, just eating!
- Trusting that the body will make up for any mistakes (no need to compensate)
- Making conscious choices about what to eat to nourish the body and to provide variety, moderation and balanced nutrition

- Eating regularly
- Non-dieting
- Favoring flexibility in our eating patterns over rigid rules
- Being mindful of where food comes from



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