



TO EAT MORE

*Mindfully*



CREATE A DISTRACTION FREE SPACE. PUT AWAY THE PHONE & CLOSE THE LAPTOP.

TAKE A PAUSE BEFORE EATING. ALLOW GRATITUDE TO SURFACE.

CHECK IN WITH HUNGER & FULLNESS.

IDENTIFY EMOTIONS. ARE THERE STORIES YOU TELL YOURSELF ABOUT FOOD?

SAVOR THE TASTE, SMELL, TEXTURE, AND SIGHT OF FOOD.

@joyfulconnectionnutrition