

# WHOLE BODY MINDFUL EATING™

WWW.EATINGMINDFULLY.COM @SUSAN ALBERS PSYD



## BRAIN

Attentive, focused, responding vs. reacting, choosing



## EYES

Look closely (colors, presentation, appeal). Focused, undistracted.



## EARS

Listen for sounds (sizzle, popcorn) and inner thoughts



## HANDS

Touch (greasy, brittle, soft, smooth). Consciously picking up utensils



## LUNGS

Breathe deeply to calm & center



## BACK

Straight not slumped over food



## FEET

Quietly center feet on the floor



## NOSE

Smell aromas



## MOUTH

Taste (slowly chewing, noticing texture, spices)



## HEART

Caring, valuing yourself and choices



## STOMACH

Notice rumbling, fullness & emptiness.



## BUTT

Sit down, rest comfortably on chair



## BODY

Face table

