

RESILIENCY

Resiliency In The Moment: BASICS of Mindful Eating

“Mindfulness isn’t difficult.
We just need to remember to do it.”

- Sharon Saltzberg

Practice mindful eating
during your next meal.

Breathe and belly check for hunger and satiety before you eat.

Assess your food

Slow down

Investigate your hunger throughout the meal, particularly half-way through

Chew your food thoroughly

Savor your food

* Mindfulness eating model from Lynn Rossy, PhD



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Need more help? Employee assistance is available at bjceap.com or (314) 747-7490