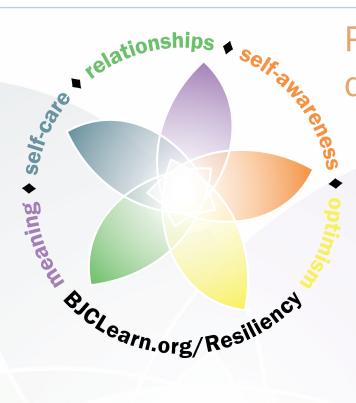
RESILIENCY

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.

B reathe and belly check for hunger and satiety before you eat.

A ssess your food

S low down

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

C hew your food thoroughly

S avor your food

* Mindfulness eating model from Lynn Rossy, PhD

Visit thrivebybjc.org for your employee well-being resources at BJC Need more help? Employee assistance is available at bjceap.com or (314) 747-7490

