

Mindful Eating Cards

Mindful Eating is a fantastic skill that you can develop to support you enjoying a better relationship with food, eating and your body. Mindfulness is bringing present moment awareness to the present moment, without judgement. And mindful eating is really about bringing mindfulness and intentional awareness specifically to food and eating. It can be incorporated into any component of your interactions with food, from growing food in your backyard and preparing your meals, to the moments just prior to the meal, during or after the meal. The way you incorporate mindful eating into your day may change over time, and that's fine! The good thing is that there's no right or wrong, but that there's an enormous amount you can learn from simply observing, and being more present alongside your experiences of food and eating.

Pre-meal Meditations:

These cards are designed to be used to set an intention for the meal ahead. A recommendation for using them is:

Sit down in a comfortable chair away - this may be at the bench or table, or away from the kitchen. Hold the card in your hand and repeat the phrase to yourself. Or use a phrase that feels really meaningful to you at the time.....these are just suggestions.

Close your eyes, and repeat the phrase to yourself silently. Repeat this as often as you like, aiming to sustain awareness and connection (and understanding that our mind tends to want to wander off....that's OK, just gently bring it back on task).

If you're eating with others, that's fine! Aim to remain connected with your company and your food as you eat. Before you meal, take a few big deep breaths and repeat your chosen phrase to yourself. Take time to regularly check in with your body, mind & others at the table. If the mealtime is noisy, or you're finding it difficult to focus perhaps select another meal time to practice....it's fine, that's life.

Other cards

There are a variety of other cards which aim to be gentle reminders about being present with eating, or to help support intentions to shift the way you feel about food towards a more positive, relaxed, healthful and sustainable way of living.

Suggestions:

Choose 1 card for the meal, or day that you'd like as a "theme" for the day/week. Some people enjoy keeping it in a visible place, others prefer to just remember it

Use them as a theme for a diary entry. Write about what the words mean to you, and reflect on how you could use this message as a positive or helpful reminder of what you're wanting to focus on.

Enjoy!