

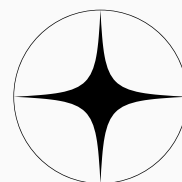


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GUIDE
2025

HOW TO EAT MINDFULLY

*"In today's rush, we all think too much,
seek too much, want too much- and forget
the joy of just being." -- Eckhart Tolle*



INTRODUCTION



Mindful Eating: A Gentle Guide to Nourishing Your Body and Mind

Have you ever found yourself standing in front of the fridge with the door wide open, or tucked halfway inside the pantry--snacking in a bit of a frenzy before you even realise what you're doing?

You're definitely not alone.

This kind of impulsive, almost unconscious eating is something so many of us do--especially when life feels overwhelming. Often, we reach for processed, sugary snacks--the sort of things we can grab quickly and eat even faster. There's usually no plate involved, no thought, and certainly no presence. It's not about nourishment... it's about escaping.

This kind of eating is often called binge eating, though that term can sound heavier than the moments we're describing. What's more helpful is understanding why we eat this way sometimes--and what we can do about it without judgment or guilt.

Because the truth is, this isn't what mindful eating looks like.



WHAT DOES MINDFUL EATING LOOK LIKE?

Let's imagine something different. A completely opposite experience.

You're sitting down at the table. You take a moment to really see your food--the colours, the textures, the effort it took to make it. You notice the aroma, and you feel your mouth begin to water. That simple smell starts triggering a beautiful chain reaction inside your body: your saliva flows, your digestive enzymes start kicking in--your body is getting ready to receive nourishment.

Then, you take a bite. You chew slowly, tasting the flavours, feeling the texture. You're not in a rush. You're not distracted. You're not trying to escape anything--you're simply being with your food.

That moment of stopping before you're over-full? That's your body saying, "Thank you. That's enough."

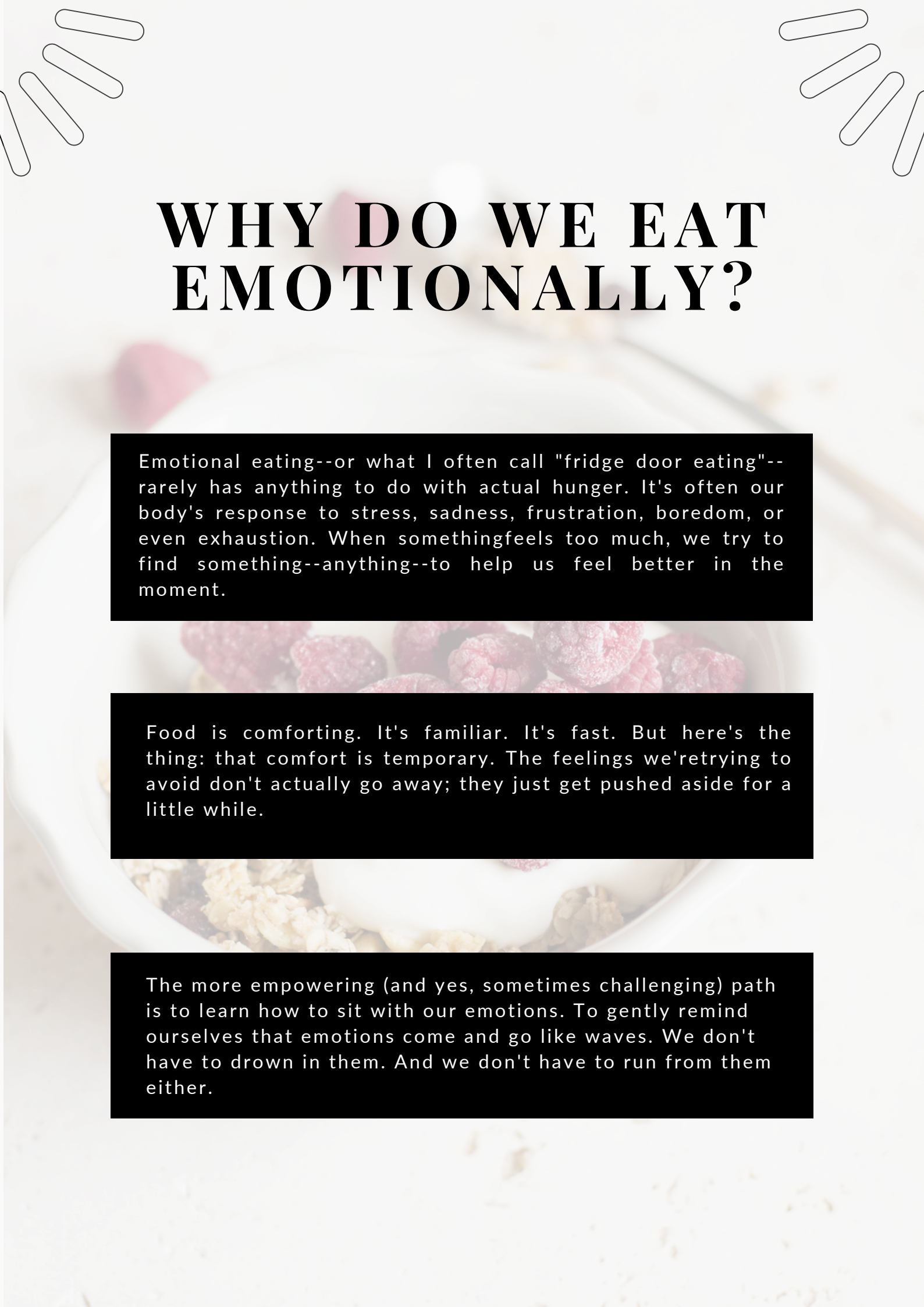
Now picture this happening regularly--perhaps at a table shared with loved ones, or even just peacefully by yourself with a cup of tea. Can you feel how different that is from standing in front of the fridge?

When we treat mealtime as a ritual rather than a race, it becomes something that nourishes not just the body, but also the mind and soul.





WHY DO WE EAT EMOTIONALLY?



Emotional eating--or what I often call "fridge door eating"--rarely has anything to do with actual hunger. It's often our body's response to stress, sadness, frustration, boredom, or even exhaustion. When something feels too much, we try to find something--anything--to help us feel better in the moment.

Food is comforting. It's familiar. It's fast. But here's the thing: that comfort is temporary. The feelings we're trying to avoid don't actually go away; they just get pushed aside for a little while.

The more empowering (and yes, sometimes challenging) path is to learn how to sit with our emotions. To gently remind ourselves that emotions come and go like waves. We don't have to drown in them. And we don't have to run from them either.

WHAT TO DO INSTEAD

Next time you catch yourself wandering toward the fridge or pantry for a comfort snack, try pressing pause and asking yourself: What am I really needing right now?

Here are a few simple, supportive things you can do instead:

- Step away from the kitchen. A change in location can help break the automatic habit.
- Acknowledge your feelings. Say to yourself, "I'm feeling anxious right now" or "I'm really tired and overwhelmed." Naming it is powerful.
- Phone a friend. Sometimes a friendly voice is all we need to feel grounded again.
- Brush your teeth. It signals an end to eating and can be surprisingly effective.
- Move your body. Go for a quick walk, stretch, or dance in the lounge room.
- Write it out. Journaling can help make sense of the swirl inside your head.
- Hydrate. Sometimes we confuse thirst with hunger. Try a big glass of water or a calming tea and wait 15-20 minutes.
- Still hungry? Choose a protein-rich snack that will actually nourish you and stabilise your blood sugar.






REMEMBER

It's a beautiful thing to enjoy food. Life is meant to be savoured. There's nothing wrong with indulging now and then. What we're talking about here is not restriction--it's connection. Connecting to your body, your needs, and your emotions with compassion.

A Loving Reminder

- You deserve to eat food that makes you feel good--not just in the moment, but long after. And you also deserve to feel safe in your emotions without needing to numb them.
 - So be gentle with yourself. We all have days where the pantry calls louder than our logic. What matters most is how we respond--with curiosity, kindness, and a commitment to tuning in rather than tuning out.
 - Today, let food nourish your body and your mind. You are worthy of that kind of care.
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