

WHOLE BODY MINDFUL EATING™

WWW.EATINGMINDFULLY.COM @SUSAN ALBERS PSYD

Distributed by:
www.dietforbalancedhealth.com
jbheckdesigns@gmail.com



BRAIN

Attentive, focused, responding vs. reacting, choosing



EYES

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



EARS

Listen for sounds (sizzle, popcrunch) 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

