



WEEKLY NEWSLETTER



The Art of Mindful Eating

Katelyn Jakobsen, LCMHC

What is Mindfulness?

Mindfulness is a practice based on Zen Buddhism, of engaging in the present moment utilizing all 5 of our senses (taste, touch, smell, hearing, and sight).

What is Mindful Eating?

Mindful eating applies the tenets of mindfulness to eating. Simply put, eating intentionally, and bring to mind all of your senses. Beyond that, it cultivates feelings of gratitude towards the food and the digestive process. Mindful eating has little to do with calories, or losing weight. It is best utilized when focused on healthy foods, however, can be used even while consuming a slice of pizza. The intent is to savor the moment, and cultivate a full presence to the moment, connection to the food, and your body. It is important to apply patience, a non-judgemental stance, and acceptance towards the practice.

Examples of Mindless Eating

- Eating past satiation cues
- Eating in response to our emotions e.g. feeling sad, stressed, overwhelmed

- Eating and multitasking
- Rapidly consuming a large amount of food

Examples of Mindful Eating

- Listening to satiation cues
- Eating in response to bodily cues/sensations e.g. stomach growling or low energy

What are the benefits?

In a 2011 study, over 2 million Americans reported that at least half of the time they eat,

they are engaging in an additional activity such as watching TV, scrolling on their phone, or working from their desk.

“Research has shown that mindful eating can lead to greater psychological well being, increased pleasure when eating, and body satisfaction” (Cheung, Lillian. Harvard

Nutrition. The Nutrition Source: Mindful Eating).

Cultivating a Mindful Eating Practice

- Begin by getting rid of all distractions, phones, electronic devices, meetings and find a quiet space to eat, ideally outdoors.
- pause for a few moments to express gratitude for the food and all that it took to come to your plate. If you would like, you can add a gratitude mantra to this practice. Sample mantra provided below.
- Take a bite of food and chew slowly
- Call to focus all of your senses while you eat. This is most effective when chewing slowly, with your eyes closed.

During today’s meal, I took a warm plate of food onto my balcony and expressed gratitude, wishing it to nourish me fully. Before eating the food, I notice it on my plate. All of its colors, and textures. I noticed the spice from a red pepper paste, the chewy texture from a mushroom, the snap of black pepper on the back of my throat. I felt the sunshine radiate onto my skin and listened to a windchime in the distance as I mindfully sat, eating my food in silence.

- Eat slowly, devoting at least 5 minutes to this mindful eating practice.
- Place your eating utensil down between bites, check in with your digestive system. How is it responding to the food you are consuming?

Sample Gratitude Mantra for Eating

I am most excited by foods that nourish me fully. May this meal digest effortlessly and turn directly into the fuel I need to

share more love with the world. Health and wellness are my priority. With this meal I listen intently to the intuitive guidance my body shares. With each bite, I recognize all of the energy flowing from the earth, into this food, and into my body.

-Hitomi Mochizuki

For more information on getting started:

The website of the Center for Mindful Eating (www.thecenterformindfuleating.org) lists coaches across the country.

GROUP THERAPY:

- We are currently offering numerous Groups for children, teens, and adults, including:
- Intensive Outpatient Program (11-18)
- Anxiety & Depression Group for tweens (11-13)
- Teen Anxiety & Depression Group (14-15)
- Teen Anxiety & Depression Group (16-18)
- Teen Empowerment & Growth Group
- Teen Social Club
- Parenting Teens Support Group



Social Skills Group
KRIPPA FAMILY PSYCHOLOGICAL & WELLNESS SERVICES
HOW TO TALK WITH FRIENDS

Learn Skills Related To:

- Talking With Friends
- Understanding Emotions
- Learn How to Interact With Others
- Healthy Relationships & Boundaries
- Making Friends

Who:
Youths Ages 8-12

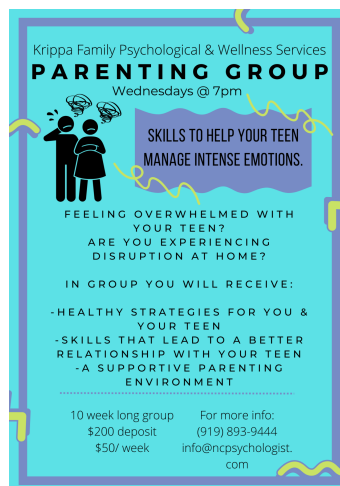
When:
Thursdays @ 6:15 pm

Where:
Cary, NC

12 WEEK CLASS
\$50 PER CLASS
\$200 DEPOSIT

For More Information:
(919) 893-9444

WWW.NCPsychologist.com



Krippa Family Psychological & Wellness Services
PARENTING GROUP
Wednesdays @ 7pm

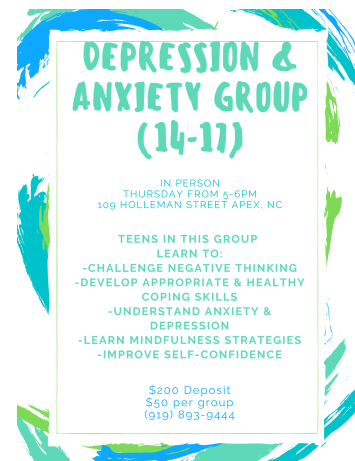
**SKILLS TO HELP YOUR TEEN
MANAGE INTENSE EMOTIONS.**

FEELING OVERWHELMED WITH YOUR TEEN?
ARE YOU EXPERIENCING DISRUPTION AT HOME?

IN GROUP YOU WILL RECEIVE:

- HEALTHY STRATEGIES FOR YOU & YOUR TEEN
- SKILLS THAT LEAD TO A BETTER RELATIONSHIP WITH YOUR TEEN
- A SUPPORTIVE PARENTING ENVIRONMENT

10 week long group For more info:
\$200 deposit (919) 893-9444
\$50/ week info@ncpsychologist.com



DEPRESSION & ANXIETY GROUP (14-17)

IN PERSON
THURSDAY FROM 5-6PM
109 HOLLEMAN STREET APEX, NC

TEENS IN THIS GROUP
LEARN TO:

- CHALLENGE NEGATIVE THINKING
- DEVELOP APPROPRIATE & HEALTHY COPING SKILLS
- UNDERSTAND ANXIETY & DEPRESSION
- LEARN MINDFULNESS STRATEGIES
- IMPROVE SELF-CONFIDENCE

\$200 Deposit
\$50 per group
(919) 893-9444

To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at info@ncpsychologist.com. Visit us at www.ncpsychologist.com and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

[Website](#)

Krippa Family Psychological & Wellness Services

547 Keisler Drive Suite 202, Cary
200 East St, Pittsboro

919 893 9444

109 Holleman St, Apex

You received this email because you signed up on our website or made a purchase from us.



[Unsubscribe](#)

