

Mindful Eating 101



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Mindfulness



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1. Reality
2. Mindfulness
and food
3. Sustainability



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Not synonymous with being a monk or a Buddhist.

Not an innate ability.

Not judging or criticizing yourself or others.

Not about anxiety or rumination.

Not based on someone else's reality.

Is within all of us. We have the capacity.

Is learned, must be practiced and requires patience.

Is about noticing patterns and compassionately adjusting thoughts, attitudes, and behaviors, if need be.

Does require one to be present.

Is inherently personal, individual, as well as context and situation specific.



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Not synonymous with being a monk or a Buddhist.

Is within all of us. We have the capacity.

Not a *quires*

Mindfulness is deliberately paying attention, being fully aware of what is happening both inside yourself—in your body, heart, and mind—and outside yourself, in your environment. Mindfulness is awareness without judgment or criticism.

~Jan Chozen Bays, MD

Not just other

Not about anxiety or panic attacks. Does require one to be present.

Not based on someone else's reality.

Is inherently personal, individual, as well as context and situation specific.



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Mindful Eating:

- Eating where all your senses are engaged.
- Eating with attention and inquiry.
- Eating more slowly.
- Eating without distractions.



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Mindful Eating:

- Eating where all your senses are engaged.
- Eating with attention and inquiry.
- Eating more slowly.
- ~~Eliminating without~~ Minimizing distractions.
- Focusing on the present.
- Being more cognizant of mindless eating.



The Cycle of Mindless Eating



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8 strategies



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Slow Down



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Smart Substitutions



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Shape Your Context
(aka... don't buy the
Oreos!)



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Be Nice... to
Yourself



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Try a Fast as a Way of
Recalibrating...



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Thank
You

Be Grateful



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Explore



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Resources:

- Mindful Eating by Jan Chozen Bays, MD
- Eatingmindfully.com with Susan Albers, PsyD
- <http://www.nytimes.com/2012/02/08/dining/mindful-eating-as-food-for-thought.html?pagewanted=all&r=0>
- <http://www.thecenterformindfuleating.org>
- <http://life.gaiam.com/article/zen-your-diet>
- <http://www.guideposts.org/mindfulness-prayer-eating>
- Harvest for Hope by Jane Goodall

