

your step-by-step guide to mindful eating

feel more peaceful and in control around your meals!

This guide will cover what mindful eating is, how it can help and how you can start doing it today!



Brought to you by Registered Dietitian, Intuitive Eating Counselor, and your diet-ditching gal pal behind @no.food.rules on Insta, Colleen Christensen!

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What is mindful eating?

Mindful eating is about being present while you're eating. The more we are distracted by things in our environment (lookin' at you, Instagram), our work (ahem, desk lunches, anyone?) or our thoughts (judgment and food rules galore) the less we are able to connect with the experience of eating.

That makes it harder to find the right amounts of food, enjoy the experience, and find satisfaction.

What mindful eating is NOT:

Mindful eating is not all about sitting silently and being laser-focused on each and every bite that you eat.

Yes, eating without distractions can help you eat mindfully but it's not the only way. This may surprise you, but you can still practice some mindful eating as you gulp down spaghetti leftovers over the kitchen sink (or eat with your hands inside the fridge... guilty...). I'll explain everything - so keep reading.

But first: why do I recommend incorporating mindful eating into your daily routine? There are many benefits!

mindful eating benefits

- Helps you listen to your hunger + fullness cues
- Helps you find more enjoyment + satisfaction with your eating
- Helps combat emotional eating
- Can help you make more health-promoting choices so you feel better and also honor your health (The lingo for this in Intuitive Eating is "gentle nutrition").

How to eat mindfully

Eating mindfully actually begins before your meal or snack, continues throughout the time you're eating, and finishes after the meal. I'll explain all three phases in this ebook.

But a quick note before we dive in: things feel more difficult and even awkward when you're a beginner. That is totally normal!

Taking the time to learn these new skills offers many benefits (remember that section we just went through?) and gets far easier with practice... just like riding a bike began with training wheels and took time and practice to find your rhythm. But these days, you're cruising along without much effort - and hey, it's fun!

Now let's dive into how to eat mindfully before, during and after your meal!

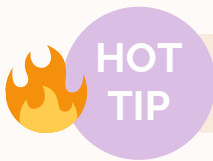


What to do before the meal or snack

Eating is not just about nourishing your physical body, nor is it about meeting a calorie or points goal anymore (hooray for food freedom).

And so, eating mindfully is an opportunity to build trust with your body and learn to meet her needs. All of 'em. That includes your body's needs and wants.

Before you begin a meal, check in with what you need AND want. **Assess your hunger, cravings, emotions, and thoughts.** What's going on, what sounds good, and what will feel good to your body?



don't forget that listening to your body includes listening to your noggin, too!

Mindful eating is neutral. This means we are asking these questions without judgment about what might come up.

Set yourself up for success by minimizing distractions when possible, especially if you're a beginner at listening to your hunger and fullness cues. Sometimes, that isn't possible, and that's okay! Do what you can. If you can gain back one sense, that's great. For example, listening to a podcast involves just your ears and gives you more bandwidth to tune into your meal than watching YouTube, which involves two senses.

And if you are a caregiver and responsible for little humans, consider having an activity ready for them. (Or have them do the mindful eating activities with ya!)

And now: let's eat!

What to do while eating

Let the meal begin! Now as I mentioned earlier, it is a common misconception that mindful eating is all about laser-focusing on each and every bite. Not true! I like to think of mindful eating as a conversation that you're having with your body.

As you eat your first bite, check in - **how does it taste? What is the texture like?** Channel your inner food writer and pretend that you are describing this meal to someone else.

Take pauses and notice if you're eating quickly, rushing through. If you're ever not sure if you "should" eat more – just take a break! You don't need to make a decision right away. Take your time. And remember; we are aiming to explore these things with curiosity, not judgment.

Halfway through your meal, check in again with what we tuned into before we started eating. How are your hunger and fullness levels feeling? Are your cravings feeling more satisfied? How are your emotions? How have these things changed since you started eating?

This is a reminder that you are tuning into what your body wants and needs; you're listening to your brain and body. Use the mindful eating flashcards on the next page to make it easier and just pick ONE thing to focus on!

And remember; you don't need to go through this whole process verbatim each and every time you eat. We don't have the time for that. Becoming more mindful is NOT about perfectionism, it is about building this awareness over time. If all you do is ask yourself "how does this taste?" you'll eat WAY more mindfully!

After the flashcards I'll show you how to wrap up your mindful eating meal.

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Print out & cut these little intuitive eating reminders
and pick one to use at meal or snack time!

GOLD STAR: buy some laminating sheets and make them re-usable!

What hunger cues do
you feel at the start of
your meal?

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Stop halfway through
your meal to assess
fullness.

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Commit to a
distraction free meal-
put your phone,
books, etc. away!

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Try to identify what
fullness cues you feel
that signal it's time to
stop eating.

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Reflect on the last time
you ate. How long did it
keep you full? Anything
you'd change?

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What emotions are you
feeling? How might
those impact your
eating?

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As you eat pretend
you're a narrator. What
are you tasting, feeling,
experiencing, etc.?

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Identify 2-3
characteristics that are
enjoyable (taste,
texture, flavor, etc.)

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Identify 2-3
characteristics that you
maybe don't love (taste,
texture, flavor, etc.)

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Reflect on the last time
you ate. How did that
food feel to your body
after the meal?

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Eat the food as if you
had to describe it to
someone else after to
increase mindfulness.

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Does the first bite taste
less delish than the 5th,
10th, 15th, etc? (notice
this satisfaction cue!)

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What to do after you're done

After the meal, there is a bit more to do to cultivate mindfulness. Once again, it is time to get curious.

- ➔ Assess how you're feeling now.
- ➔ Are you feeling full? Too full?
- ➔ Did you enjoy the meal?
- ➔ What felt good..and what didn't?
- ➔ What would you change next time (if anything)?

If something didn't feel good – such as eating way past fullness – don't beat yourself up. Everything is a chance to learn (even if the lesson wasn't all that fun).

I always tell my clients to pretend they're a scientist just gathering data to use for next time!



That's a wrap!

Eating mindfully takes practice using the right tools. Hopefully this mindful eating PDF helps you get started today!

Being more mindful offers you many benefits and is one important component of being an Intuitive Eater. In fact, eating mindfully is a huge part of what I teach my clients in The SociEATy.



peep the next page!





The intuitive eating membership where gals like you learn to ditch diets without bottomless binges and finally feel in control around food.

#1

structure

A Structured Framework & Plan To Follow That Reduces Post-Diet Anxiety.

The No Food Rules 5 Framework has helped thousands of past dieters like us!

#2

science

A Biology-First Approach To Intuitive Eating That Prevents Bottomless Binges.

This is a KEY step that other Intuitive Eating programs totally skip.

#3

support

Support & A Long-Term Mindset That Lets You See It Through To The End.

Weekly coaching and a Facebook group will keep you going!

whaddya say we finally get ya to feeling in control around food, girlie?!

join The SociEATy

<https://members.colleenchristensennutrition.com/join/>



"If you really want to become an intuitive eater, this is THE place to learn how to do that!"

- Julie T