

THAMES VALLEY FAMILY HEALTH TEAM
DIETITIANS PRESENT

MINDFUL EATING IN ISOLATION

HOW TO EAT SENSIBLY WHEN NOTHING AROUND
US SEEMS TO MAKE SENSE



**IT'S EASIER TO CHANGE YOUR
ENVIRONMENT THAN IT IS TO CHANGE
YOURSELF**

Grocery shop on a full stomach to better resist tempting foods. Create a home environment with foods you feel more in control around

HUNGRY, LONELY, ANGRY OR TIRED?

Before you eat, count to 5 and decide if you're actually hungry. You may be eating for other reasons.

If hunger isn't the problem, food isn't the solution



FOCUS YOUR ATTENTION ON WHAT YOU'RE EATING



Studies show that when we eat away from distractions (TV, computer, driving), we eat less! it takes less to satisfy us when we are able to fully appreciate the flavours, colours and textures, and we realize sooner when we're full.

TRY THE 80/20 RULE

This 'rule' helps us fit all foods into a healthy diet. When we see a food as 'forbidden' (think: 'I can never eat sugar'), it makes it more desirable. When we finally give in, we will overeat it!

If all foods fit- 80% 'healthy', 20% more relaxed, no foods are forbidden, we feel less stress around food, we are able to enjoy our foods guilt free and we are less likely to overeat.



DON'T KEEP JUST ANY JOURNAL

**FOOD AND EMOTIONS ARE POWERFULLY CONNECTED,
RECORD THEM BOTH!**



We know that journalling is a great way to create accountability and awareness around what we eat. Take it to the next level by adding a section in your journal called 'how i'm feeling'. Connecting food patterns to emotions and situations can be a powerful tool in changing your behaviour.

FOR MORE HELP WITH MINDFUL EATING

Contact a registered dietitian

