**Mindful Eating**

**What is Mindful Eating?**

Mindful eating is regarded as a technique used to help you gain control over your eating habits. It can help you determine the difference between emotional hunger and physical hunger. We often think of eating as a mindless chore and therefore treat it as a burden and try to spend as little time as possible doing it. Therefore, a common negative behavior seen is eating too much, too fast. Eating too fast prevents the fullness signal from arriving until you have already eaten too much, a common binge eating behavior. It can take up to 20 minutes for your brain to tell your body that it is full, which is why eating slowly and listening to physical hunger cues is so essential.

**Some mindful eating tips include:**

* **Eating slowly and without distraction**
* **Listening to physical hunger cues**
* **Eat only until you are full**
* **Chew thoroughly**
* **Noticing the effects food has on your mental and physical wellbeing**
* **Ask yourself why you are eating, whether you are truly hungry, and whether the food you chose is smart and healthy**

Mindful eating also acts to guide you in your weight loss/gain journey by changing your eating behaviors and reducing stress. Trying to change the way you think and feel about food can boost your awareness, self-control, and positive emotions about eating. Practicing this technique will help you reach a state of full attention to your cravings and eating behaviors. **Benefits of mindful eating include weight loss, reduction in binge eating, and helping your body feel better.**