

## Worksheet 4: Mindful eating

# Why mindful eating isn't what you *think*.

- The principles involved in mindfulness have been around for many years, with different names.
- When mindfulness was first developed in psychology some thirty years ago, it was a way to reduce stress and anxiety, through the Buddhist idea of **acceptance**: asking people to let their attention go where **IT** wants to go, in the moment.
- But for people wanting to manage weight through eating, mindful eating really just means paying attention to what you are doing, whenever you eat: **Attentive eating**.

## If you want to pay attention to your eating when you eat, then you can only be doing one thing: eating.

Many of us do other things when eating, just to save time. However these activities also occupy our attention, so we may not notice the way we are eating.

Here is a list of some of the things people do when eating - circle any of them that apply to you:

### At the moment, I sometimes eat when (circle):

Watching TV	Driving	Sitting at the computer
In bed	Preparing food	Talking on the phone
Shopping	Reading	Walking
In a meeting	Gaming	Watching sport
At an event	On the internet	Socialising

### What are some other things you notice you do when eating?

**The principle of attentive eating is simple:** if you are eating, whenever you are eating, don't do anything else. If you are doing something, then don't eat until you have finished.