Dietitian Tip June
Tuesday 02/20

Mindful Eating

Stress, boredom, excitement, and any other changes in our emotions or in our environment can shift our eating behaviours. It is always important to be gentle and kind with ourselves as it is okay that our eating habits and behaviours change, even more so now during this unknown time. For some, becoming more aware of our eating may be helpful. To increase your awareness you could start by asking yourself, in a non-judgemental way, one or all of the following questions. There is no right or wrong answer, however the answers can help to give us insight into our own behaviours. If you are seeking additional support in emotional eating or exploring WHY we eat, reach out to your Grande Prairie PCN-member family physician who can connect you with a Grande Prairie PCN dietitian.

Primary Care Network
GRANDE PRAIRIE

GP PCN Dietitian Tip Tuesday June 2, 2020

EATING AWARENESS

QUESTIONS TO ASK YOURSELF

HOW HUNGRY AM I?

On a scale of 1-10

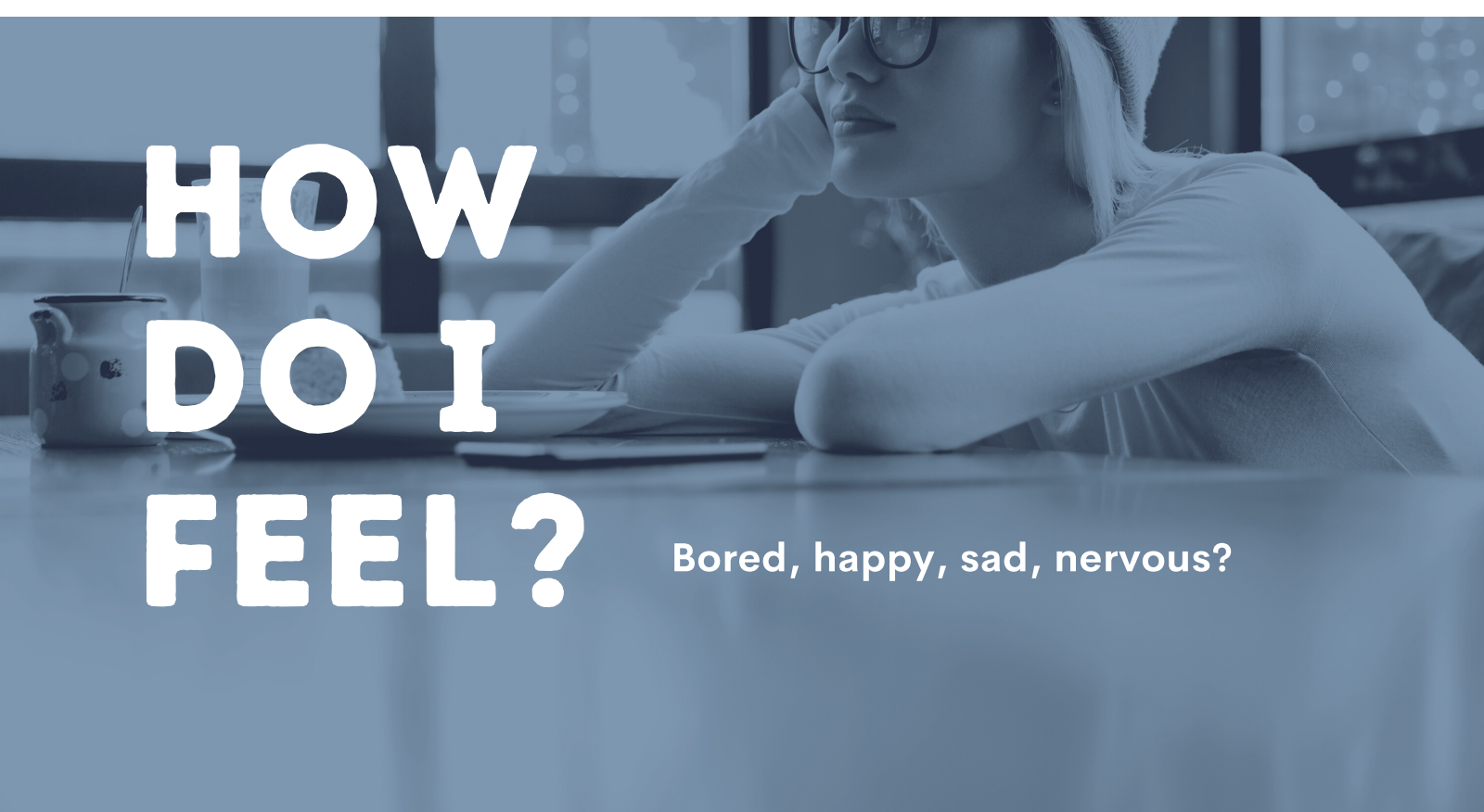
AM I EATING FAST OR SLOW?

AM I ENJOYING MY MEAL?

Or am I distracted by my phone or TV?

HOW DOES IT TASTE?

Be curious about the food itself



HOW DO I FEEL?

Bored, happy, sad, nervous?

FOR MORE INFORMATION

WWW.THECENTERFORMINDFULEATING.ORG