

WEEK 4 MINDFULNESS AND MINDFUL EATING

WELCOME TO WORKSHOP 4

This week we are opening up the discussion around mindfulness and mindful eating. Being mindful around food includes a number of things: awareness of physical or emotional hunger, being mindful of food labels and ingredients and being in the moment to appreciate, savour and enjoy the food that nourishes you.

01. MINDFULNESS

In small groups of 3 or 4 discuss what mindfulness means to you. Take 5 minutes to discuss your answers to the following questions:

+ What do you interpret mindful eating to mean/involve?

+ How can mindful eating support you in achieving your goal?

02. EMOTIONAL VS. PHYSICAL HUNGER

In your group, brainstorm and list what you perceive to be signs of either physical or emotional hunger (whichever your group has been assigned) and form a list to share back to the room.

SIGNS OF PHYSICAL HUNGER

SIGNS OF EMOTIONAL HUNGER

