

“Stability of the internal environment is the condition of free life.”

- Claude Bernard

Mindful/Intuitive Eating

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Hunger:

- Describe your personal hunger scale.
- What does “neutral” feel like?
- What does “hunger” feel like?
- What does “too hungry” feel like?

Want:

What does your body really want?

Experiment and Track
(see uploaded pdf)

Use your Intuitive Eating Experience worksheet.

- Your thoughts?
- Your enjoyment?
- How did the foods make you feel later?

What foods,
temperatures, and
textures sound good to
eat right now?



Set your table
with some of
your favorite foods

Slow and Savor:

- Are you eating rushed?
- Are you talking while chewing?
- Are you eating with TV, social media, emails...?
- What are the topics at the table?



STRESS

and

Digestion

Slow and Savor:

- Eat undistracted
- Enjoy the temperature, texture, taste
- Set the atmosphere
- Set the table and “present” your food

Satisfaction:

- What does “satisfied” feel like?
- What does “I ate too much” feel like?
- Stop eating when you are no longer hungry.
- Not sure? Pause for 10 minutes.

As the pleasure decreases,
you are becoming satisfied.

It is time to stop.

Trust: When you are hungry
again, you will eat again.