

# Mindful Eating

## the 6 S's of Mindful Eating

01

### SET & SIT

Set a ritual to prepare your brain and belly for mealtime with a consistent cue. For instance, take a deep breath, or do a gentle stretch. Begin by finding your seat and feeling your feet.

02

### SEE

Examine the colors, textures, shapes, and sizes on your plate.

03

### SMELL

Notice any connections you make between the smell of your food and thoughts or memories.

04

### SLOWLY

Chew your food slowly, not only to be mindful of the taste, but to also support digestion.

05

### SAVOR

Enjoy the different flavors and experience of your meal.

06

### SMILE

Incorporate gratitude into mealtime. Thank the soil, sun and rain for growing your food, the hands that picked it, and your body for absorbing the nutrients.

