

February 2022  
Health Coaching Hints



## Eating Mindfully

Schedule your  
health coaching session  
with Erika today!  
(509) 392-7047

### February 2022 Health Coaching Hint “How to Eat Mindfully”

**empowered**  
HEALTH  
EmpoweredHealthInstitute.com

In the hustle and bustle of daily life, we can forget to slow down and enjoy mealtime.

Distracted eating can happen when you are doing anything else while eating, including while working, watching television, surfing the web on our phones, and even while driving. There are two main reasons why distracted eating can have negative consequences to your health:

- 1. OVEREATING.** Your body needs about 20 minutes for your gut to signal your brain that you are full. Without careful control over portions, it can be easy to eat to the point of discomfort when you aren't paying attention.
- 2. SLOWED DIGESTION.** Distracted eating can lead to increasing stress which can cause your fight or flight response to activate. This can cause your digestion to slow down and could lead to unintended weight gain.

Here are a few suggestions for how to add mindful eating into your routine:

- **START SIMPLY.** Aim for one meal a day or a week and set a kitchen timer for at least 20 minutes to take your time to eat your meal.
- **CHALLENGE YOURSELF.** Eat with your non-dominant hand or use chopsticks if you don't normally use them to help slow you down.
- **ENGAGE ALL YOUR SENSES.** Notice how your food sounds, feels, smells, tastes, and looks while you are enjoying your meal.
- **HONOR YOUR FOOD.** Eat silently for five minutes and think about the food you are eating—how it was grown, harvested, transported, and prepared.

Are you interested in learning how to add mindful eating into your life but need extra guidance on how to start? Schedule an inquiry call today and talk with our health coach, Erika Zink, to find out how she can help you to become a mindful eater.