20 MINDFUL EATING HANDOUTS

TO HELP YOU END OVEREATING, ENJOY FOOD AND STOP FEELING GUILT NOW!

By: Dr. Susan Albers
New York Times Bestselling Author & Psychologist
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Hello,

I'm Dr. Susan Albers, psychologist and author of the New York Times Bestselling book, EatQ, and six other books on mindful eating. Perhaps you have purchased this resource because you are a licensed dietitian, therapist, health coach, wellness professional or yoga teacher who helps people to eat healthier, have more energy and improve their relationship to food. If so, I have good news. In this packet, I’ve included 20 Essential Mindful Eating Handouts! I’m sharing the handouts I use most often in my office. I hope these are as helpful to your clients as they are mine and that these handouts are an excellent addition to your education library.

Please join my email list at:
www.eatingmindfully.com

Download additional free handouts on:
www.eatingmindfully.com/motivational.

Mindfully yours,
Susan Albers PsyD
Mindful Eating
1. Benefits of Mindful Eating
2. 5 S’s of Mindful Eating
3. Mindful Eating Exercise
4. Hunger Scale
5. Pace Not Race: 6 Ways to Eat Slower
6. The Mindful Eating Plate
7. Mindful Eating Quiz
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9. Pause Approach
10. Acceptance of Cravings

Emotional Eating
1. Emotional Hunger vs. Physical Hunger
2. 5-5-5-5-5 Exercise
3. Flow Chart: Emotional Vs. Physical Hunger
4. 5 Ways to Respond to Food Pushers
5. Helpers Vs. Hinders
6. SWAP Approach
7. 70 Ways to Soothe Yourself Without Food
8. 5, 4, 3, 2, 1, Exercise
9. 10 Foods to Help Buffer Stress
10. 5 Strategies for Letting Go

BONUS: Mindful Eating Habit Tracker
BONUS: Mindful Eating Bingo

More Resources List

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BENEFITS OF MINDFUL EATING

- Not a fad diet
- Realistic & Do-able
- It lasts! You can do it long term
- A behavioral plan for everyone (you can be vegetarian, Kosher, a meat eater etc.)!
- You don’t feel deprived or starved
- It’s works! Research shows that mindful eating is helpful in reducing emotional eating, weight, Diabetes II, and developing a healthier relationship to food.

What is Mindless Eating?
- Eating when you are bored, stressed, anxious, happy etc. and not truly physically hungry
- Munching in front of the T.V.
- Eating while you are doing something else or distracted (driving, walking, working, texting).
- Eating food just because it is there and looks good not because you are hungry
- Falling back into old habits/routines
- Zoned out or eating in a trance like state
- Following rules not body cues

What is Mindful Eating?
- Mindful Eating is not a diet
- There are NO menus or recipes. It is about balancing how to eat, not what to eat.
- Being aware and present when you eat
- Noticing each bite
- Using your senses (taste-spicy, bland), (texture-smooth, crunchy), (aroma, sound-sizzle or crunch)
- Noticing your habits
- Determining your hunger level (a little or a lot?)
- Being truly in the moment
- Savoring/Enjoying food
- Feeling in charge of how much you are eating, consciously deciding
- No guilt or judgement

DESCRIBE AN EXAMPLE OF YOUR OWN MINDFUL AND MINDLESS EATING

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5 S’S OF MINDFUL EATING

By Dr. Susan Albers

1) **SIT DOWN.** Have a seat! Avoid nibbling in front of the refrigerator or snacking in your car. Put food on a plate. You will enjoy food more and eat less when you give eating your full attention. “Only eat off your feet.”

2) **SLOWLY CHEW.** Eat with your non-dominant hand (if you are right-handed eat with your left). Research indicates that eating with your opposite hand can reduce how much you eat by 30%. Intentionally chew slower than the person you are eating with. “Pace, don’t race.”

3) **SAVOR.** Take a mindful bite. Smell. Taste. Notice and look at each spoonful. Turn off the TV and other distractions. “When you eat, just eat.”

4) **SIMPLIFY.** Put healthy foods in a convenient place like on the counter. Place treats out of view. Research indicates that people tend to eat what is in their immediately reach. “In sight, in mind, out of sight, out of mind.”

5) **SMILE.** Smiling can create a brief pause between your current bite and the next one. During that gap, ask yourself if you are just satisfied, not full. “Take a breath, to manage stress.”
MINDFUL EATING EXERCISE

1. MINDFULLY PICK.
Choose a piece of food (nuts, fruit, a piece of chocolate, orange slice).

2. LOOK CLOSELY.
Describe it to yourself. Color? Shape?

3. SMELL.
Notice how the smell impacts you. Does it remind you of anything? What memories or thoughts does it trigger?

4. TRULY TASTE.
Do you like it? Texture? Spices? Flavor?

5. NOTICE THOUGHTS AND FEELINGS
Pay attention to whatever emotions and thoughts come to mind. Happy? Sad? Craving more?

6. SLOWLY CHEW.
Notice how the texture changes.

7. FOLLOW
The sensation down your throat as you swallow.

8. PRATICE
Taking a mindful bite.
**MINDFULNESS OF HUNGER SCALE**

9    Very full. You can tell you’ve eaten a large amount. Emotional and/or physical discomfort.
8    Comfortably full.
7    Slightly full and satisfied.
5    Not hungry or full.
4    A little hungry. Need a snack. Hunger pangs begin.
3    Hungry. Ready for a light meal.
2    Ravenously hungry. In need of a complete meal.
1    Famished. Extremely hungry. Growling stomach, low energy, headache.

<table>
<thead>
<tr>
<th>Awareness Level</th>
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<tr>
<td>10  Hyper aware thinking about each calorie. Worried about each bite.</td>
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<td>9</td>
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<td>8</td>
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<tr>
<td>7</td>
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<tr>
<td>6</td>
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<tr>
<td>5    Aware and in-the-moment. Savoring.</td>
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<td>2</td>
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<tr>
<td>1    Zoned out, trance like eating. Not tasting each bite.</td>
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</table>

Rate your hunger throughout the day. Choose a time to check in and evaluate your hunger level (on the hour) or a cue (when your mobile phone rings).
PACE NOT RACE
6 EASY WAYS TO EAT SLOWER

1) If you want to slow down, eat with your non-dominant hand (if you are right-handed, eat with your left). Research indicates that you eat 30% less when you eat with your non-dominant hand. It interrupts the automatic hand to mouth flow.

2) Say to yourself at least two adjectives to describe the food you are about to eat. For example, say "cold" and "creamy" before you take a bite of yogurt. This action can insert just the right about of time you need to pause.

3) Sit Down. It sounds simple enough. However, people tend to eat more rapidly when standing. Think about snacking while standing over the sink or nibbling from a plate while standing at a party.

4) Stagger your bites with another activity. For example, one bite and then one comment to your dining partner. Or, one bite, one sip of water.

5) Just observe. Notice how quickly or slowly other people eat. Use their pace to help you set your own. Intentionally eat slower or in tandem with another person’s bites.

6) Consider your fork or spoon to be like a tool you need to reload. Carefully, and intentionally fill your fork slowly and deliberately.

THE PACE MAKER
USE THIS METER TO CHECK IN AND INTENTIONALLY SET YOUR EATING PACE.

Eating SLOW

NO SLOW WHOA GO-GO PRONTO

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THE MINDFUL EATING PLATE

Mindful Eating
www.eatingmindfully.com

Observe
Notice your body. (rumbling stomach, low energy, stressed out, satisfied, full, empty)

In-the-Moment
Be fully present. Turn off the T.V. Sit down. When you eat, just eat.

Savor
Notice the texture, aroma, and flavor. (Is it crunchy, sweet, salty smooth, spicy?)

Nonjudgment
Speak mindfully and compassionately. Notice when "shoulds," rigid rules or guilt pop into your mind.

Aware
Tasting vs. mindless munching

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10 MINDFUL EATING QUESTIONS

ASK YOURSELF, “DO I TEND TO?”

1) Stop eating when I am satisfied.
2) Eat when I am hungry rather than emotional.
3) Not “pick” and graze on food.
4) Taste each bite before reaching for the next.
5) Think about how nourishing food is for my body.
6) Be nonjudgmental of myself when I accidentally overeat.
7) Not multitask when I eat. When I eat just eat.
8) Be able to leave some food on my plate if I don’t want it.
9) Eat slow, chewing each bite.
10) Recognize when I slip into mindless eating (zoned out, popping food into my mouth)

BE PRESENT WHEN YOU EAT

ARE YOU ZONED OUT, MINDLESSLY MUNCHING OR PRESENT WHEN YOU EAT?

To shift into the moment and be more in-the-moment:
• Stretch Before You Sit Down
• Take A Drink of Water or Tea. Hydration Helps to Kick Starts Your Senses
• Chew a Mint
• Take A Few Deep Breaths—Send Oxygen to Your Brain
• Pinch Your Hands a Few Times
• Name 3 Things You See In Front of You
• Gratitude. Say a few words of thanks or a prayer before you eat
• Place food on a pretty placemat or nice dishes

MOTTO: Stay Awake At the Plate!

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Mindful Eating Quiz

This is a brief assessment of your mindful eating skills (it isn’t a diagnostic assessment). It is to help you to identify which skills you may want to boost. Don’t forget to notice what you already do well. After you complete this quiz, write down a mindful eating goal.

<table>
<thead>
<tr>
<th></th>
<th>All of the time</th>
<th>Most of the time</th>
<th>Occasionally</th>
<th>Sometimes</th>
<th>Almost Never</th>
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<tbody>
<tr>
<td>1. I tend to stop eating when I am full</td>
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<td>2. I eat when I am hungry rather than emotional</td>
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<td>3. I try not to “pick” or graze on food</td>
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<td>4. I taste each bite before reaching for the next</td>
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<td>5. When I eat, I think about how nourishing the food is for my body</td>
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<td>6. I am nonjudgmental of myself, my body and when I accidentally overeat</td>
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<td>7. I don’t multitask while I eat. When I eat, I just eat</td>
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<td>8. I don’t have to eat everything on my plate, I can leave what I don’t want</td>
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<tr>
<td>9. I tend to eat slowly, chewing each bite</td>
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<tr>
<td>10. I recognize when I slip into mindless eating (zoned out, popping food into my mouth)</td>
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List your Mindful Eating Goals:
(ex: learn to be more present when I eat, slow down, stop when I’m full)
DIETING VS. MINDFUL EATING

**Dieting**
- Willpower
- Rules
- Cultural Conformity
- Weight Loss
- Avoidance
- Rigid
- Counting Calories
- Deprivation
- Denial
- Quick Fix
- Guilt
- Short Term
- Fight Food

**Mindful Eating**
- Consciousness
- Listen to Internal Signals
- Empowerment
- Health vs. Weight
- Acceptance
- Flexible
- Nutrition
- Permission
- Long Term Approach
- Compassion
- Lifestyle
- Celebrate and
- Savor Food

1) What diets have you tried in the past?

2) What was helpful about the diet?

3) What aspects of the diet were difficult?

4) What is your most difficult food struggle?

5) Which foods are easy and difficult to eat mindfully?
PAUSE MINDFULLY

REMEMBER TO PAUSE MINDFULLY WHEN YOU EAT. INTENTIONALLY CREATE A “GAP” BETWEEN EACH BITE.

P PRESENT.

STOP MULTITASKING. WHEN YOU EAT, JUST EAT.

A AWARENESS.

ASK YOURSELF, HOW PHYSICALLY HUNGRY AM I?

U UNDERSTAND.

HOW ARE MY FEELINGS IMPACTING MY FOOD CHOICE?

S SAVOR.

TAKE A MINDFUL BITE. SMELL, TASTE, TOUCH, LISTEN!

E ENJOY.

ARE YOU REALLY ENJOYING THIS BITE?
ACCEPTANCE OF CRAVINGS

ACCEPTANCE
When you have a craving, your first inclination may be to tell it to, “JUST GO AWAY.” Turning off a craving is not so easy. “Acceptance based strategies” advise you to do the opposite—welcome in the craving. Mindfully talking yourself through it gives you much more power over how much you eat.

ACKNOWLEDGE:
Say to yourself, “I’m having a craving!” It has arrived—whether you like it or not.

ACCEPT:
Tell yourself, “It’s okay.” Don’t try to talk yourself out of the craving, judge or rationalize it. If your mind goes there anyway, just take note of it. Remember: the craving is just a feeling not a fact and nothing more. Just because you have a thought doesn’t mean you have to do it.

ALERT:
Tune into what you are feeling. Is it hard to wait? Where does it bother you the most in your body?

AWAIT:
Your mind might say, “You have to give in or the craving will never go away.” Remind yourself, this is just a thought. Tell yourself, “I can take it.” The craving will change in form and nature. When you don’t respond to the first urge to eat, the craving often lessens and sometimes even passes completely. Ride out the craving like you are on a wave in the ocean, not sinking into it, just skimming on top of it.

AWARENESS:
Be aware of your options. Mindfully CHOOSE rather than acting on autopilot. Eat it mindfully-slowly and with intention.

This approach may seem radical and goes against the grain of most diets. Try it! Research in the journal of Appetite has found it to be effective in coping effectively with cravings.
Some mindless eating is just a habit—something you do out of routine rather than triggered by emotion. For example eating the same foods, munching at your desk, eating at the same time each day. Take notes and gather data on your habits for one week.

<table>
<thead>
<tr>
<th>MONDAY</th>
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<tr>
<td>TUESDAY</td>
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<td>SATURDAY</td>
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<td>SUNDAY</td>
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# Mindful Eating Bingo

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<tbody>
<tr>
<td>Sit Down While Eating</td>
<td>Eat with Chopsticks</td>
<td>Listen to Your Body’s Cues of Hunger &amp; Fullnesss</td>
<td>Savor Your Food</td>
<td>Take a Mindful Walk</td>
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<tr>
<td>Stop Eating When Satisfied</td>
<td>Respond Rather Than React</td>
<td>Put Your Fork Down Between Bites</td>
<td>Eat Less, Nourish More</td>
<td>Shift Out of Autopilot</td>
</tr>
<tr>
<td>Eat Without Distraction</td>
<td>Pace, Not Race: Eat Slowly</td>
<td>Eat, Drink &amp; Be Mindful</td>
<td>Save Your Favorite Food for Last</td>
<td>Add One Piece of Fruit/Vegetable</td>
</tr>
<tr>
<td>Mindfully Check In: Am I Hungry?</td>
<td>Eat with Your Non-Dominant Hand</td>
<td>Drink One Extra Glass of Water</td>
<td>Plan for Tomorrow</td>
<td>Take Mindful Bites</td>
</tr>
<tr>
<td>Take a Mindful Pause Before Eating</td>
<td>Be Right Here, Right Now</td>
<td>Chew Your Food 30 to 50 Times Per Bite</td>
<td>Resist Judgment: Lose the Criticism</td>
<td>Eat to Feel Better When You Finish</td>
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</table>
EMOTIONAL EATING

**PHYSICAL**
- Stomach growling
- Thinking, about food, considering options
- Low energy
- Hunger slowly grows
- Time passes since last meal/snack
- Food is satisfying

**EMOTIONAL**
- No physical cues (quiet stomach)
- Specific cravings
- Eating feels like the best/only option
- Little time has passed since last bite
- Food doesn’t feel satisfying

**YOUR PHYSICAL CUES OF HUNGER**
- What triggered your hunger? (Situations? Feelings?)
- Where were you when the craving began? (Are there places that prompt you to eat?)
- When did it start? (When was the last time you ate? When did the craving start?)
- Why are you desiring to eat?

**EMOTIONAL CUES OF HUNGER**
- What triggered your hunger? (Situations? Feelings?)
- Where were you when the craving began? (Are there places that prompt you to eat?)
- When did it start? (When was the last time you ate? When did the craving start?)
- Why are you desiring to eat?
5-5-5-5-5-5 EXERCISE

Feeling the urge to comfort eat? Avoid emotional eating by having a solid plan in place. Write down a list of 5 strategies for each category. Hang this sheet in hot spots for emotional eating like on your desk or refrigerator.

5 Activities that RELAX you (ex. Flip through a magazine, a 5 minute break, lay on the couch).
1) ______________________________________________________________________
2) ______________________________________________________________________
3) ______________________________________________________________________
4) ______________________________________________________________________
5) ______________________________________________________________________

5 Activities that DISTRACT you (ex. email, games, cleaning).
1) ______________________________________________________________________
2) ______________________________________________________________________
3) ______________________________________________________________________
4) ______________________________________________________________________
5) ______________________________________________________________________

5 Activities PLACES you can go that are comforting to you (ex. Your bed, garden, cozy chair).
1) ______________________________________________________________________
2) ______________________________________________________________________
3) ______________________________________________________________________
4) ______________________________________________________________________
5) ______________________________________________________________________

5 PEOPLE to call and connect with you (ex. your best friend, mother, sister, mentor).
1) ______________________________________________________________________
2) ______________________________________________________________________
3) ______________________________________________________________________
4) ______________________________________________________________________
5) ______________________________________________________________________

5 THINGS that soothe your senses (cool cloth on head, comfortable clothing, turn down lights)
1) ______________________________________________________________________
2) ______________________________________________________________________
3) ______________________________________________________________________
4) ______________________________________________________________________
5) ______________________________________________________________________

**CHOOSE ONE OF THESE ACTIVITIES TO DO FOR 5 MINUTES** OR UNTIL THE URGE TO EAT EMOTIONALLY PASSES.
EMOTIONAL VS. PHYSICAL HUNGER
4 WAYS TO TELL THE DIFFERENCE

1) SATISFACTION VS. RELIEF
Do I want to eat for energy to fuel my body to make it through the day or am I looking for relief or a sense of safety/security?
TEST: Place your hand on the part of your body that needs attention. Does it go to your stomach because it is rumbling? Or, does it go to your brain that feels dull and bored?
Fix: Aim to satisfy the part of the body that your hand rests on. If your brain is bored, give it some mentally stimulating material. If your hand traveled to your shoulders, lift and release your shoulders five times to relax your muscles. If it lands on your stomach, mindfully choose a nourishing food.

2) EMOTIONAL VS. PHYSICAL HUNGER
Am I eating in response to physical hunger (rumbling stomach, low energy, etc) versus feeling scared, frustrated, overwhelmed or happy.
TEST: Ask yourself, “How physically hungry am I on a scale from 1-10 (1=starving, 5=satiated 10=overly full)?” If you are a 1-5, it’s likely that you do need something to eat. If so, that is okay. If you answer 6-10, it’s likely that food isn’t going to help a bit.
Fix: Try eating a Mandarin orange. They are a great food to help curb emotional eating and to de-stress. It is easy to peel and the segments are perfectly portioned to mindfully eat one at a time. The sweet flavor is satisfying and citrus aromas have been shown to be calming, according to research. Also, a Mandarin orange gives a little boost of vitamin C, just what you need when stressed or emotional.

3) NUTRITIOUS VS. PALATABLE
Am I choosing nutrient rich foods vs. sugary, fatty salty foods?
Test: A truly hungry person, will eat a large range of foods that will quickly quiet a rumbling stomach. Someone with an emotionally driven craving often only craves a specific type of food or taste—not just chocolate, but chocolate with caramel. If only a salty snack will do, it’s likely that this is an urge for comfort.
Fix: It’s important to keep on hand healthy snacks that do taste good to you. Often, people keep diet foods around that are bland and don’t taste good. Kick up the taste of vegetables with hummus, sprinkle yogurt with some nuts, drizzle chocolate on berries, dash in spices to vegetable soup etc.

4) LIFELONG VS. TRANSIENT
Am I building a healthy relationship with food vs. anxiety, guilt or fear.
TEST: Before you eat, ask yourself how you will likely feel a minute after you finish this bite. If a negative emotion springs to mind, take a pause. Too often we wait until after we eat to check in with the emotional impact of what we consume.
Fix: Mindful eating can help you build a healthy and balanced relationship with food. Use the 5 S’s of Mindful Eating no matter what you are eating 1) Sit down 2) Slowly Chew 3) Sense—taste, smell, listen 4) Savor-enjoy 5) Smile (pause before taking another bite). Remember it’s okay to eat the foods you love, as long as you do it mindfully!

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EMOTIONAL VS. PHYSICAL HUNGER

AM I HUNGRY?

PHYSICAL
- Stomach growling
- Thinking/considering options
- Low energy
- Hunger grows slowly
- Time has passed since last meal
- Food is satisfying

EMOTIONAL
- What emotions triggered the situation? (anger, boredom, stress)
- How strong were the emotions? (mild? intense?)
- When did the feeling start?
- What did you hope food would do? (soothe/escape feelings, make you feel better?)

YES
- Eat

NO
- Distraction
  - Healthy
  - Unhealthy
  - Eat it Mindfully
  - Get out of Kitchen
  - Keep Hands Busy
  - Connect
  - Clean
  - Read
  - Exercise/Move
  - Mindless activity

OR
- Comfort
  - Relax
  - Breathe Deeply
  - Sleep/Lay Down
  - Unplug from Electronics
  - Connect/Be Social
  - Soothe Body

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5 WAYS TO RESPOND TO FOOD PUSHERS

Picture this. You are at a party. A friend pushes a piece of pie into your hands and says, “Have another piece, it’s a party after all. You can afford to eat more.” How do you respond?

1) HUMOR: Say, “No, thank you! I couldn’t eat another piece! I’m starting to feel like a turkey—just a little too stuffed! Keep it light-hearted.

2) TEACHING MOMENTS: Hold up your hand and make a fist. Say, “Did you know this is the actual size of your stomach? It’s amazing to think about how much we try to put in there!”

3) NO THANK YOU!: It’s okay to say no. It’s as simple as that. Too often, we are afraid to put down limits. Say “no” politely but with conviction. Practice when you are by yourself to make it come out effortlessly. Other people easily push past a wishy-washy no.

4) REASSURANCE: Remember that the comments people make are often a reflection of their own fears and insecurities. Offering reassurance may help to take the pressure and focus off of you. Say, “It sounds like you would like another piece. Go for it!”

5) DIVERT AND DEFLECT: Be sure to hand out a compliment, “The pie is fantastic! Do you have the recipe?” This can redirect the focus from eating to learning how to make it.
## Helpers vs. Hinderer

### Characteristics of Helpers
- Encouraging words
- Supportive social media posts
- Cuts out articles/give you helpful information
- Cheerleading & good listening
- Positive role modeling of eating/choosing healthy foods
- Reassuring
- No pressure
- Helps you shops for healthy food
- Provides healthy food
- Sits down at a table to eat with you
- Encourages you to take charge
- Uses non-food rewards
- Healthy ways to de-stress

### Characteristics of Hinderers
- Competitive
- Critical
- Brings you unhealthy foods
- Pressures you to eat
- Makes fun of your efforts
- Mixed messages or unhelpful comments
- Stocks home with unhealthy foods
- Tries to control your eating
- Negative comments about your body
- Rewards with food
- Suggests comforting yourself with food
- Name calling (ex. lazy)

### Who are your Helpers?

### Who are your Hinders?

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S.W.A.P. TECHNIQUE

SWAP MOMENT: Instead of emotional eating, try the S.W.A.P. approach. Swap out emotional eating and insert something else (an activity, breathing exercise, movement) else in its place.


WAIT: Don’t act immediately. Imagine creating a gap between the thought “I want to eat” and the response or action of doing it. Count to 5 if you have to or say, “Pause.” Use imagery to freeze in place as if playing a game of Simon Says.

ADDRESS THE FEELING NOT THE FOOD: Target the feeling instead of the desire to eat. It’s tempting to try to remove food or wrestle with your hunger. Instead, think about the feeling and what will help soothe and calm yourself without calories.

PURSUE ANOTHER ACTIVITY: If you take out comfort eating, you have to put something else in its place. Choose 1 activity to do from 50 Ways to Soothe Yourself Without Food to help you replace emotional eating with a healthier behavior. Try it for just five minutes. If you are truly engaged in the urge to emotionally eat, inserting something else in its place can help you to break free.

BODY
(Hot bath, comfortable clothing, exercise)

MIND
(Hot bath, comfortable clothing, exercise)

SENSES
(Cool cloth on your forehead, feet up)

CONNECT
(Vent to a friend, email, social media)
10 FOODS TO HELP BUFFER STRESS

Some foods buffer your body against the effects of stress while others contribute to it. Here is a list of 10 foods that may help prevent emotional eating and soothe your mood.

1) **Dark Chocolate**: Contains flavonoids and helps release mood boosting chemicals such as dopamine.

2) **Oatmeal**: The fiber will keep you feeling full for a long period of time and helps regulate your blood sugar. Complex carbs are involved in the release of serotonin which produces a sense of calmness.

3) **Oranges** are high in vitamin C which boosts the immune system and reduces cortisol levels.

4) **Spinach** is high in magnesium—this plays a key role in regulating and lowering blood pressure naturally (blood pressure is often raised by stress!)

5) **Skim Milk** helps to reduce stress-related PMS symptoms and also produces a calming sensation.

6) **Salmon** contains Omega-3 which helps reduce inflammation and pain.

7) **Black Tea** naturally reduces cortisol levels, the stress hormone that makes you crave sugary, fatty foods.

8) **Avocados** contain healthy fats which keeps you more satisfied and helps regulate nerve communication, which makes you think clearer.

9) **Almonds** have Vitamin E to boost the immune system and well as B Vitamins. Both nutrients can make you more resilient to stress.

10) **Pistachios** are the lowest fat and calorie nut. They help to keep your blood sugar regulated and your mood stable.

**FOODS THAT BOOST MY MOOD:**

**FOODS THAT DEFLATE MY MOOD:**

**TODAY’S MOTTO:** “EAT FOODS THAT ENHANCE YOUR MOOD.”
<table>
<thead>
<tr>
<th>70 WAYS TO CALM &amp; COMFORT YOURSELF</th>
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<tbody>
<tr>
<td>Focus meditation</td>
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<tr>
<td>Wrap in a blanket</td>
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<tr>
<td>Create a tent to snuggle under</td>
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<tr>
<td>Turn down lights, turn down noise</td>
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<tr>
<td>Soothing music slows your heartbeat</td>
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<tr>
<td>Deep breathing</td>
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<tr>
<td>Choose and repeat a mantra</td>
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<td>5 minute Time Out</td>
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<tr>
<td>Put on comfy pants and sweatshirt</td>
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<tr>
<td>Write a Haiku</td>
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<td>Squeeze bubble wrap</td>
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<td>Blow bubbles and meditate</td>
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<tr>
<td>Power journal, write about your best and worst moments</td>
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<tr>
<td>Google an intriguing topic</td>
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<tr>
<td>Read or study something new</td>
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<tr>
<td>Talk out loud to an empty chair</td>
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<tr>
<td>Visualize what you want</td>
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<td>Daydream about a vacation</td>
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<td>Make a calendar or list, organize</td>
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<td>Memorize a poem</td>
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<td>Make a timeline of important life events</td>
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<td>Soak in the tub with Epsom salt</td>
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<td>Essential oils, rub lotions</td>
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<td>Green therapy, go outside or for a hike</td>
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<td>Change sensations, drink hot or cold water</td>
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<tr>
<td>Take a power or cat nap</td>
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<tr>
<td>Wind down ritual</td>
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<tr>
<td>Drink black tea or fruit herbal tea</td>
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<td>Self massage</td>
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<td>Make a bucket list</td>
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<tr>
<td>Rub worry beads</td>
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<tr>
<td>Run up and down the stairs 5X</td>
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<tr>
<td>Wash your car</td>
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<tr>
<td>Walk for 20 minutes</td>
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<tr>
<td>5 yoga poses</td>
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</table>
Clear your thoughts of food by focuses on your senses.

1. State one scent you can smell. (Touch your pointer finger to your thumb).
2. Name two sounds you can hear. (Touch your middle finger to your thumb).
3. Describe 3 sensations your body is feeling, such as temperature, the texture of your sweater, your feet against the ground. (Touch your ringer finger to your thumb).
4. Identify four colors you see. (Touch your pinky to your thumb).
5. To yourself, name five things you see in front of you. (Make a fist, then open your hand, stretch your fingers out in a fan, and close your hand again, repeat).
INSTEAD OF STEWING, DWELLING OR RANTING, LET YOUR THOUGHT GO AND COOL DOWN HOT FEELINGS WITH THESE TECHNIQUES!

1) **TEACHING MOMENTS**: Think about what wisdom this experience teaches you.

2) **BIG PICTURE**: Ask yourself, will this situation really matter in 5 minutes, 5 months, 5 years?

3) **NAME THE FEELING**: Naming your feelings can help to manage them. For example, think of a word that represents a strong emotion or craving that you have and write that down on a piece of paper so that the word is vertical on the center of a page. For example if I chose the emotion anxiety, I would write it like this:

   **Anxiety**

Now you are going to create a poem by using each letter to start a word, A—Am angry at my mother. N—Nothing I eat will make it better, etc. You can also start a sentence to the left ending with a word that begins with the letter listed on that particular line. A—I think I’m craving an Apple. This can be a lot of fun!

1) **IMAGERY**: Imagine that you are sitting in a car in front of train tracks. On each car is one of your thoughts. You are watching the thoughts travel in front of you and continue on into the distance.

2) **DETACH**: Imagine watching your thoughts written in smoke rising from a fire. The thoughts disappear into a puff.

3) **DISTORTION**: Identify whether there are any common thinking distortions. Black & White thinking. Catastrophizing or jumping to conclusions.

4) **ACCEPTANCE**: You don’t have to like the situation but work on accepting it. Remind yourself, “It is what it is.”

5) **MANTRA**: Find a calming mantra like “this too will pass” or “progress, not perfection.” Prayers, quotes, motivational sayings can help.

6) **SLEEP ON IT**: Don’t react to your thoughts, respond to them. Sleep on it. Allow yourself some distance from the situation before acting on your feelings. This can cool down hot feelings.
1. Are choosy about what they eat. If they don’t really like it, they don’t eat it.

2. Are intentional about each bite (not just because food is “there”).

3. Really taste food. Savoring and enjoying the food they love.

4. Tailor food to their particular taste.

5. Eat until they are no longer hungry or satisfied, not full.

6. Pace themselves. Eat slowly.

7. Are mentally present at the table, in-the-moment.

8. Don’t multitask at meals. Minimize distraction while eating.

9. Soothe and comfort themselves without food.

10. Recognize eating “habits” that help and hinder healthy eating.
BOOKS BY DR. ALBERS:

EATING MINDFULLY
A handbook with the basics of mindful eating. Tips & techniques.

EAT, DRINK & BE MINDFUL
A workbook on learning mindful eating skills.

EATQ
Emotional intelligence skills blended with mindfulness. Scientifically based new skills.

BUT I DESERVE THIS CHOCOLATE
50 strategies for getting past excuses, rationalizations and self-sabotage and boosting your motivation.

50 WAYS TO SOOTHE YOURSELF WITHOUT FOOD
50 strategies for replacing emotional eating with healthy activities.

50 MORE WAYS TO SOOTHE YOURSELF FOOD
The sequel to Dr. Albers’ book 50 Ways to Soothe Yourself Without Food.

MINDFUL EATING 101
A handbook for college students to learn mindful eating.

www.eatingmindfully.com @Susan Albers
PROGRAMS

**Mindful Eating Pledge.** Poster to hang on your refrigerator or desk. (Download for free at www.eatingmindfully.com)

**Mindful Eating Toolkit (mindful eating audio recordings)** www.eatingmindfully.com

**Mindful Eating Toolkit for Professionals** www.eatingmindfully.com

**New 28-day motivational program:** If you want to get motivated TODAY and stop saying, “Tomorrow I’ll get started,” check out my 28-day motivational program. Each day I will send you a short video clip, powerful motivation tips, and an easy assignment to be completed that day. Each day takes you one step further and gets the ball rolling once and for all. Remember, motivation is a skill that you can build and learn, and I know how to help! Check it out here: http://eatingmindfully.com/motivation

ABOUT DR. ALBERS

Susan Albers, Psy.D., is a clinical psychologist at the Cleveland Clinic. She specializes in food psychology, weight loss, a healthy body image, and mindfulness. After obtaining a masters and doctorate degree from the University of Denver, Dr. Albers completed an APA internship at the University of Notre Dame in South Bend, Indiana and a post-doctoral fellowship at Stanford University in California. Dr. Albers conducts mindful eating workshops across the country. Dr. Albers is the author of six mindful eating books including; EatQ; 50 Ways to Soothe Yourself Without Food; Eating Mindfully; Eat, Drink, and Be Mindful; and Mindful Eating 101. Her work has been featured in O, the Oprah Magazine, Family Circle, Shape, Prevention Magazine, Self, Health, Fitness Magazine, Vanity Fair, Natural Health, the Wall Street Journal, and she was a guest on the Dr. Oz TV show. Susan is a contributor to the Huffington Post and Psychology Today. Her web site is www.eatingmindfully.com.