

20

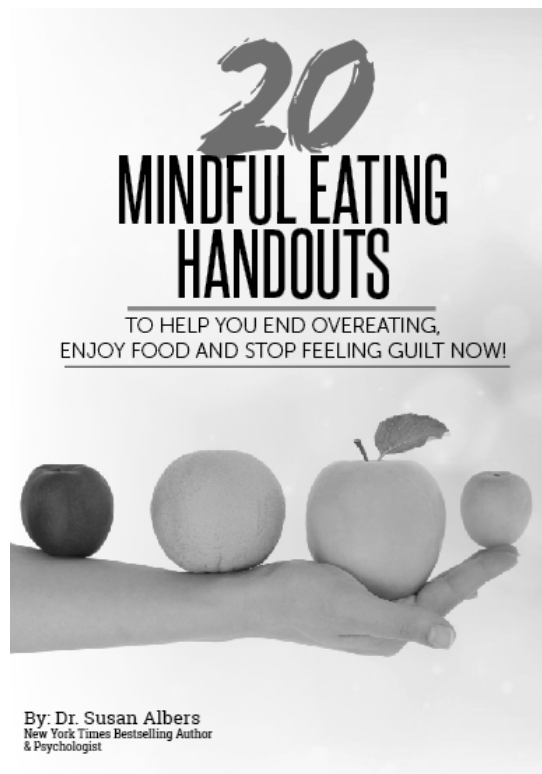
MINDEFUL EATING

HANDOUTS

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



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



Published by: www.eatingmindfully.com
Copyright Susan Albers PsyD. All rights reserved.

DISCLAIMER:

The information and ideas in this book are based upon research available at the time of writing as well as in consultations with licensed medical professionals. This book is intended to be a reference and not a substitute for consulting with an appropriate health care provider. Any changes or additions to your medical care should be discussed with your physician. The author and publisher disclaim any liability arising directly or indirectly from this book.



Hello,

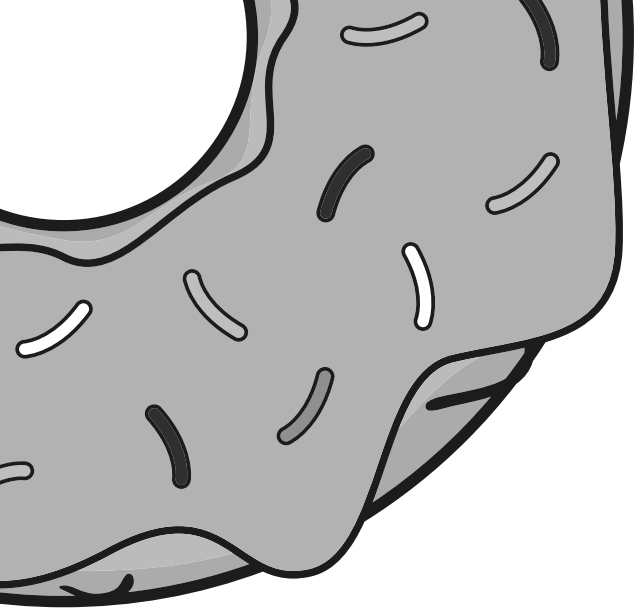
I'm Dr. Susan Albers, psychologist and author of the New York Times Bestselling book, *EatQ*, and six other books on mindful eating. Perhaps you have purchased this resource because you are a licensed dietitian, therapist, health coach, wellness professional or yoga teacher who helps people to eat healthier, 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

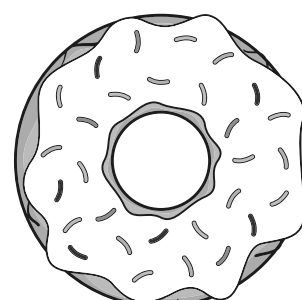
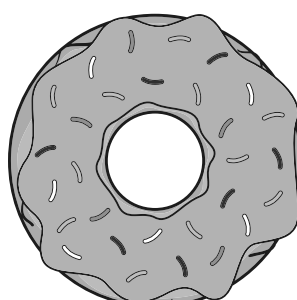
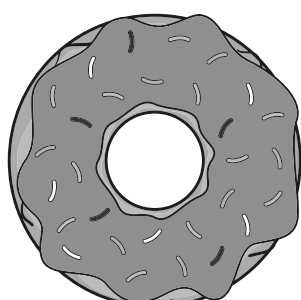
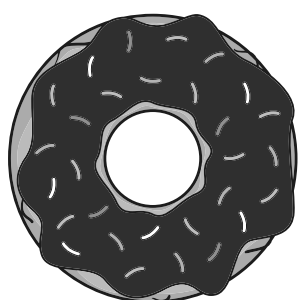
Download additional free handouts on:
www.eatingmindfully.com/motivational.

Mindfully yours,
Susan Albers PsyD





HANDOUT COLLECTION



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
8. Dieting vs. Mindful Eating
9. Pause Approach
10. Acceptance of Cravings

BONUS: Mindful Eating Habit Tracker

BONUS: Mindful Eating Bingo

Emotional Eating

1. Emotional Hunger vs. Physical Hunger
2. 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

More Resources List

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

DESCRIBE AN EXAMPLE OF YOUR OWN MINDFUL AND MINDLESS EATING

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

.....

.....

.....

.....

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."



MINDEFUL 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.

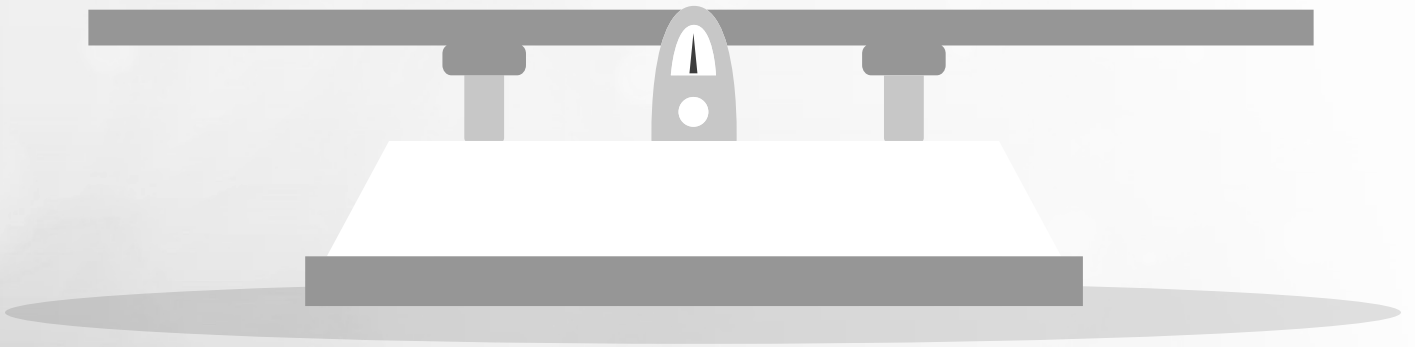
7. FOLLOW

The sensation down your throat as you swallow.

8. PRATICE

Taking a mindful bite.

MINDFULNESS OF HUNGER SCALE



- 10 Overly full. Uncomfortable feeling in the stomach. Bloating. Feeling regret.
- 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.
- 6 Satiated. Quenched. Appeased stomach.
- 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.

Awareness Level

- 10 Hyper aware thinking about each calorie. Worried about each bite.
- 9
- 8
- 7
- 6
- 5 Aware and in-the-moment. Savoring.
- 4
- 3
- 2
- 1 Zoned out, trance like eating. Not tasting each bite.

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 amount 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**

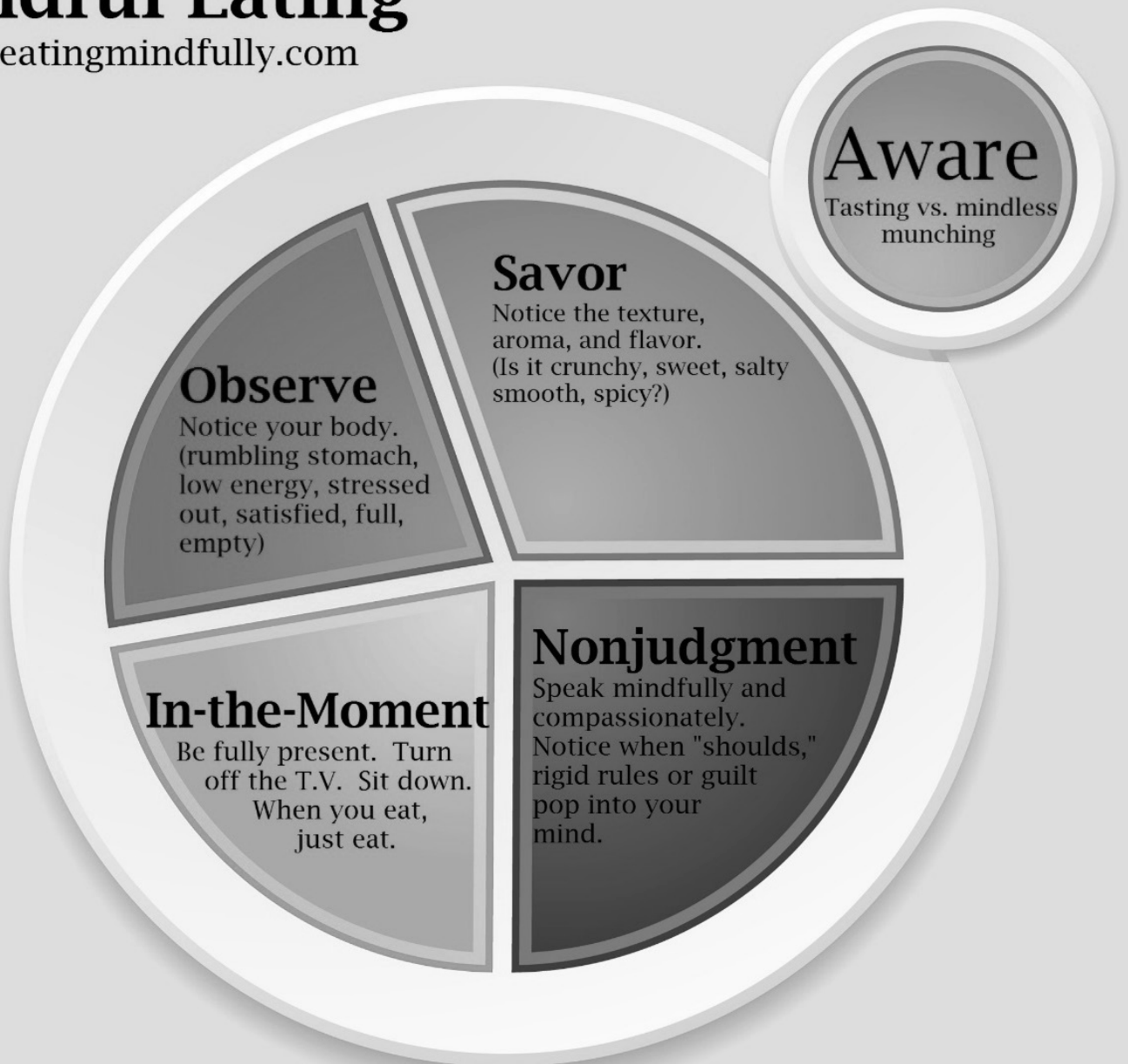
**Eating
FAST**



THE MINDFUL EATING PLATE

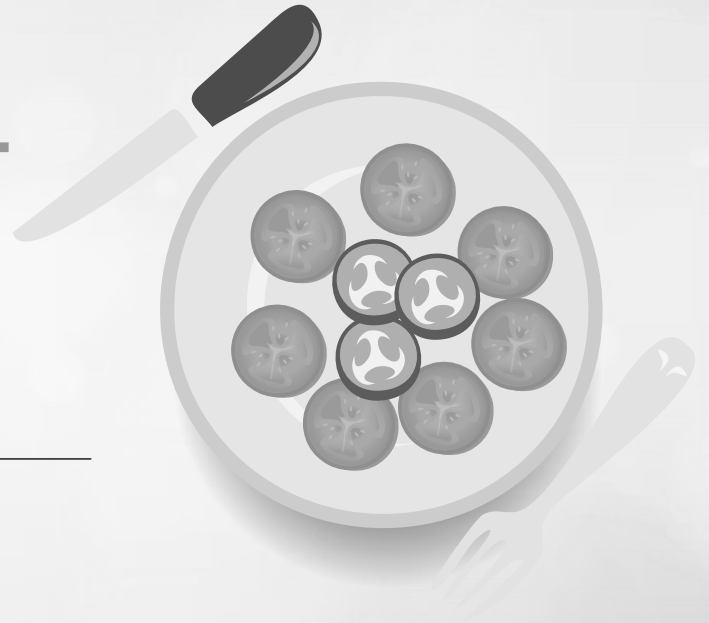
Mindful Eating

www.eatingmindfully.com



Susan Albers PsyD @2014 www.eatingmindfully.com

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

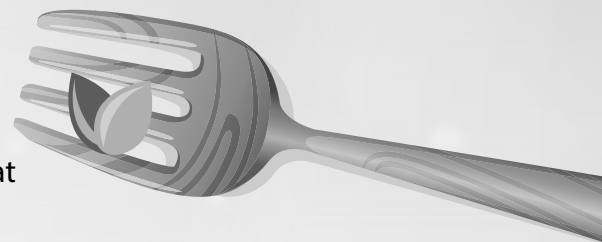


ARE YOU ZONED OUT, MINDLESSLY MUNCHING OR PRESENT WHEN YOU EAT?

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!





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.

1. I tend to stop eating when I am full				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
2. I eat when I am hungry rather than emotional				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
3. I try not to "pick" or graze on food				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
4. I taste each bite before reaching for the next				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
5. When I eat, I think about how nourishing the food is for my body				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
6. I am nonjudgmental of myself, my body and when I accidentally overeat				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
7. I don't multitask while I eat. When I eat, I just eat				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
8. I don't have to eat everything on my plate, I can leave what I don't want				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
9. I tend to eat slowly, chewing each bite				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
10. I recognize when I slip into mindless eating (zoned out, popping food into my mouth)				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never

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.



MINDFUL & MINDLESS EATING HABIT TRACKER

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.

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

MINDFUL EATING

B I N G O

SIT DOWN WHILE EATING	EAT WITH CHOPSTICKS	LISTEN TO YOUR BODY'S CUES OF HUNGER & FULLNESS	SAVOR YOUR FOOD	TAKE A MINDFUL WALK
STOP EATING WHEN SATISFIED	RESPOND RATHER THAN REACT	PUT YOUR FORK DOWN BETWEEN BITES	EAT LESS, NOURISH MORE	SHIFT OUT OF AUTOPILOT
EAT WITHOUT DISTRACTION	PACE, NOT RACE: EAT SLOWLY	EAT, DRINK & BE MINDFUL	SAVE YOUR FAVORITE FOOD FOR LAST	ADD ONE PIECE OF FRUIT/VEGETABLE
MINDFULLY CHECK IN: AM I HUNGRY?	EAT WITH YOUR NON-DOMINANT HAND	DRINK ONE EXTRA GLASS OF WATER	PLAN FOR TOMORROW	TAKE MINDFUL BITES
TAKE A MINDFUL PAUSE BEFORE EATING	BE RIGHT HERE, RIGHT NOW	CHEW YOUR FOOD 30 TO 50 TIMES PER BITE	RESIST JUDGMENT: LOSE THE CRITICISM	EAT TO FEEL BETTER WHEN YOU FINISH



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 emotions triggered the situation?
(Anger? Boredom? Stress?)
How strong were the emotions?
(Mild or intense?)
When did the feeling start?
What did you hope food would do?
(Soothe feelings? Escape them? Make you feel
better?)



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.

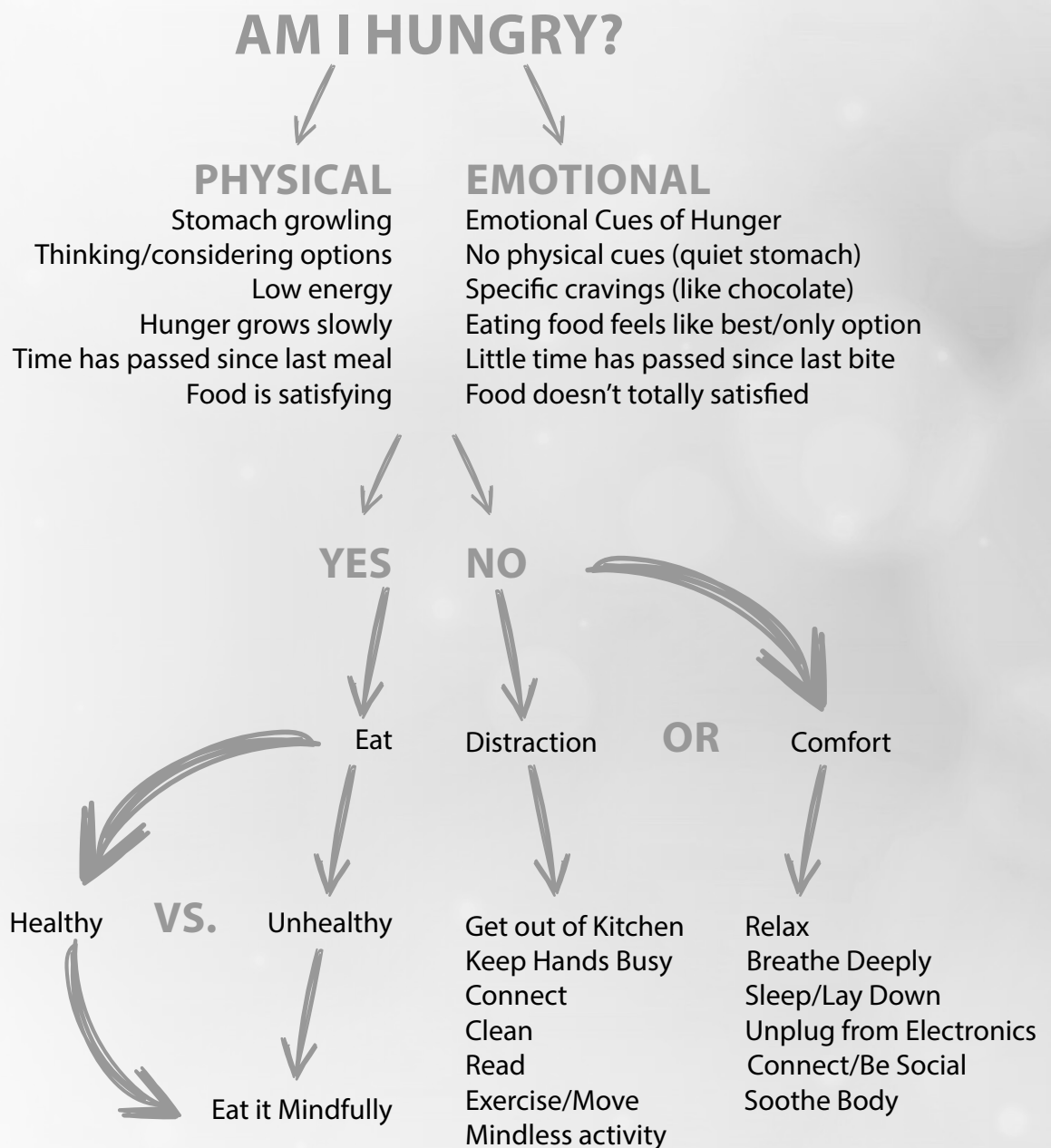
4) LIFELONG VS. TRANSIENT

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!

EMOTIONAL VS. PHYSICAL HUNGER



A black and white photograph of a woman with long dark hair, seen in profile from the chest up. She is holding a small round pie or tart with both hands and has her eyes closed, appearing to smell it. The background is softly blurred.

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?

.....

.....

.....

.....



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.

SAY: Say clearly how you feel. Angry? Hurt? Bored? Stressed? Be mindful of your feelings. If you are genuinely hungry, eat. If not, move on to the next step.

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

BODY

(Hot bath, comfortable clothing, exercise)

SENSES

(Cool cloth on your forehead, feet up)

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 to 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.

MIND

(Hot bath, comfortable clothing, exercise)

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."



70 WAYS TO CALM & COMFORT YOURSELF

Focus meditation	Walk your dog/pet your cat
Wrap in a blanket	Jumping jacks in place 10X
Create a tent to snuggle under	Doorway stretches
Turn down lights, turn down noise	Move mindfully, listen to your feet hit the floor
Soothing music slows your heartbeat	Power Poses, like Wonder Woman
Deep breathing	Dance like you are on stage
Choose and repeat a mantra	Call a friend, ask a specific question
5 minute Time Out	Walk your dog in the park, talk to other pet owners
Put on comfy pants and sweatshirt	Pursue social media or Pinterest
Write a Haiku	List 15 things you like about a friend, share it
Squeeze bubble wrap	Email or text someone
Blow bubbles and meditate	Vent to someone who will listen
Power journal, write about your best and worst moments	Intentionally smile
Google an intriguing topic	Delegate a task
Read or study something new	Make play doh or wiggly jello
Talk out loud to an empty chair	Knit, get your hands moving
Visualize what you want	Scrapbook, pictures
Daydream about a vacation	Make jewelry
Make a calendar or list, organize	Decorate a room, or rearrange
Memorize a poem	Create a vision board or comic book
Make a timeline of important life events	Create reminders, post-it notes
Soak in the tub with Epsom salt	Scribble, doodle, Zentangle
Essential oils, rub lotions	Draw with sidewalk chalk
Green therapy, go outside or for a hike	Repurpose old clothing
Change sensations, drink hot or cold water	Turn on the TV, host a movie or Netflix marathon
Take a power or cat nap	Flip through a magazine, tear out soothing pictures
Wind down ritual	Make a gingerbread house or food sculpture
Drink black tea or fruit herbal tea	Clean one drawer, organize your books
Self massage	Origami
Make a bucket list	Change scenery, move to a different room/space
Rub worry beads	Play a game on your phone
Run up and down the stairs 5X	Do your own pedicure or manicure
Wash your car	Make a gratitude list as long as you can
Walk for 20 minutes	Learn one new word
5 yoga poses	Chew on a toothpick

SOOTHING YOUR SENSES

COUNTING ON YOUR SENSES 5-4-3-2-1

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).





5 STRATEGIES FOR LETTING GO

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:

A N X I E T Y

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.

Mindful Eaters....

10 HABITS



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").



5

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



8

Don't multitask at meals. Minimize distraction while eating.



3

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



6

Pace themselves. Eat slowly.



9

Soothe and comfort themselves without food.



4

Tailor food to their particular taste.



7

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



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.



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.

