Nourish

The Mindful eating experience

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Summary:**

Today’s course discussed the dining experience, including the social environment and sensory changes that occur with age. It also looked at mindful eating and eating with complete awareness of internal cues (hunger, emotions, etc.) and external ones (location, people, etc.). Participants learned about the benefits of savoring and how it fosters wellbeing, boosts our immune system, and is a social connecter. Last, participants practiced a mindful eating experience.

*“Food is our common ground, a universal experience.”* – James Beard

# NOTES:

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# The Mindful Eating Cycle

# Why Do I Eat?



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#  When Do I Want to Eat?



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# What Do I Eat?



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#  How Do I Eat?



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# How Much Do I Eat?



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#  Where Does the Energy Go?

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# Kaizen to Your Goal!

**1) Goal I want to accomplish**: (*Ex: I want to be mindful when I eat.)*

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**2) One step I can take toward that goal:** (*Ex: I can choose to eat at the table.)*

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**3) Ways I can break this step** **into smaller actions:** *List as many actions you can think of:*

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