

Mindful Eating

Why?
Why do I eat?



Where?
Where do I invest my energy?



When?
When do I want to eat?

Mindful Eating Cycle



How much?
How much do I eat?



What?
What do I eat?



How?
How do I eat?



Please scan the QR code to be linked to our website for additional resources and assistance. We look forward to seeing you there.

Tree of Life Counseling and Wellness Center, LLC



Food and Feelings Journal

Motivation gets you started, habit is what keeps you going. It takes 21 days to make a habit. This journal can help you track what you eat and how it connects to your feelings over the course of a day. Make copies, if desired, for other days. Lets do it!

When did you eat?

Rate your hunger from 1-10, with 1 = starving and 10= very full.

Before eating					After eating				
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1= Starving, weak, dizzy	2= Very hungry, low energy, stomach growling	3= Pretty hungry, stomach is growling a little	4= Starting to feel a little hungry	5= Satisfied, neither hungry nor full	6= A little fill, pleasantly full	7= A little uncomfortable	8= Feeling Stuffed	9= Very uncomfortable, stomach hurts	10= So full I feel sick
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Where did you eat? Were there any distractions around you? Who did you eat with?

What did you eat? Was this pre planned? Was this a full meal or a snack?

How did you feel before, during, and after eating?

FEELINGS LIST – Use this list for ideas for your journal.

Glad	Mad	Sad	Neutral	Afraid
amazed amused calm comfortable determined free fulfilled happy hopeful loving mellow playful relieved sympathetic	aggressive angry appalled bitter disgusted enraged frustrated furious horrified manipulative negative resentful shocked victimized	abandoned alienated burdened desperate disappointed embarrassed empty forgotten isolated lonely lost overlooked worthless vulnerable	ambivalent apathetic bored cautious confused detached distracted impartial impatient indifferent numb overwhelmed restless uncertain	anxious apprehensive cowardly disoriented fearful frantic frightened hesitant panicked paranoid scared suspicious threatened timid



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Physical Hunger vs. Emotional Hunger

Physical Hunger

- Comes on gradually and can be postponed
- Can be satisfied with any type of food
- Once you're full you can stop eating
- Causes satisfaction, not guilt

VS

Emotional Hunger

- Comes on suddenly and feels urgent
- Causes specific cravings such as pizza, chocolate, etc.
- Eat more than you normally would. Feel uncomfortably full
- Leaves you feeling guilty & disappointed

Emotional hunger means that you turn to food either to avoid uncomfortable emotions or to heighten a pleasurable one. Typically, it means that you eat based on how you feel, rather than what your body needs.

Physical hunger means that you eat when your body signals to you that you are actually hungry.



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Habit Tracker

Motivation gets you started, habit is what keeps you going. It takes 21 days to make a habit, Lets do it!

Positive habit I'd like to practice:

What is something you can take away from this memory for the future?

10 things that make you happy?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

5 WAYS TO PRACTICE MINDFUL EATING

MINDLESS EATING

- Eating past full and ignoring your body's signals.
- Eating when emotions tell us not eat (sad, mad, lonely, bored, angry)
- Eating alone, at random times and places.
- Eating foods that are emotionally comforting.
- Eating and multitasking.



MINDFUL EATING

- Listening to your body and stopping when full.
- Eating when your body tells us to eat (stomach growling, energy low, headache)
- Eating with others at a set time and place or having a scheduled meal time for yourself.
- Eating foods that are nutritionally healthy.
- Eating without any distractions (phones, tv, computer, work, etc)



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