



EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

Mindful Eating Tips

By Vali Hawkins Mitchell, Ph.D., LMHC, REAT, CEAP

Mindfulness Simply Means Paying Attention.

Instructions:

1. Always stop first and take a moment to look at your food before you just dive in.
2. You are THERE eating it.
3. Be present and accounted for before you even pick up your fork, spoon, or chopsticks.
4. Check off something on this list once a week to change your "mind."

<input type="checkbox"/> Make eating fun, get creative.	<input type="checkbox"/> Find your own voice.
<input type="checkbox"/> Take slightly smaller portions.	<input type="checkbox"/> Notice personal food danger zones and danger foods.
<input type="checkbox"/> Ask for help.	<input type="checkbox"/> Don't wait too long to eat and don't stay hungry.
<input type="checkbox"/> Ask: Is it cooked in a healthy way?	<input type="checkbox"/> Don't feel sorry for the bread, even though it got eaten.
<input type="checkbox"/> Discover a new recipe.	<input type="checkbox"/> Share dinners from the middle of the table.
<input type="checkbox"/> Share a meal with someone.	<input type="checkbox"/> Ask: Is this my normal and am I happy with it?
<input type="checkbox"/> Slow down. Take a breath.	<input type="checkbox"/> Keep going because you can't nail it 100%, 100% of the time.
<input type="checkbox"/> Put down the fork between bites.	<input type="checkbox"/> "No thanks" can be the right answer.
<input type="checkbox"/> Drink some extra water.	<input type="checkbox"/> Find support meetings, positive friends.
<input type="checkbox"/> Remind yourself: feelings aren't food.	<input type="checkbox"/> Mark even small accomplishments as victories.
<input type="checkbox"/> Pay attention gently.	<input type="checkbox"/> Master your own home, kitchen, refrigerator.
<input type="checkbox"/> Do excellent self-care.	<input type="checkbox"/> Say "No" inside the store not after you leave.
<input type="checkbox"/> Rearrange your meal environment.	<input type="checkbox"/> Walk away from it and it will still be there for a better time.
<input type="checkbox"/> Take small steps to your goal.	<input type="checkbox"/> You are ultimately accountable for your own support.
<input type="checkbox"/> Change what you are used to.	<input type="checkbox"/> You are ultimately accountable for your own victory celebration.
<input type="checkbox"/> Do a micro-size exercise today.	<input type="checkbox"/> Be willing to live inside the solution.
<input type="checkbox"/> Create safe spaces to eat.	<input type="checkbox"/> Don't panic, call a friend.
<input type="checkbox"/> Sip on liquids.	<input type="checkbox"/> Remind yourself: life has its ups and downs, you've got this!

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Vali J. Hawkins Mitchell, Ph.D., LMHC, REAT, CEAP is a co-owner and General Partner at Employee Assistance of the Pacific. She has a Doctorate in Health Education, an M.S. in Applied Psychology, and another M.S. in Expressive Arts Therapy. She is a highly regarded public speaker, trainer, author, consultant, award-winning artist, and well-published author. For more about Dr. Vali's books, go to www.valihawkinsmitchell.com or www.eapacific.com.



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CONTINUED From Page 1:

<input type="checkbox"/> Walk, breathe, feel, be...it's enough.	<input type="checkbox"/> If someone tries to force you to eat, they might be a "Food Terrorist."
<input type="checkbox"/> Do something else.	<input type="checkbox"/> Take direct authority of your own life and what you eat and when.
<input type="checkbox"/> Avoid distractions and enjoy your food times.	<input type="checkbox"/> Repeat to yourself: it isn't always what you eat, but also where, how, and when you eat.
<input type="checkbox"/> Pay attention to be a mindful eater.	<input type="checkbox"/> Ask: Are you just eating your feelings instead of dealing with them?
<input type="checkbox"/> Ask: What kind of thinking got you here?	<input type="checkbox"/> Ask: What are the origins of any eating emergency?
<input type="checkbox"/> Keep moving forward without guilt or shame.	<input type="checkbox"/> Ask: What would your meal-time look like if it was a movie?
<input type="checkbox"/> Make yourself a top priority.	<input type="checkbox"/> Ask: Is your stomach 20 minutes ahead or 20 minutes behind your brain?
<input type="checkbox"/> Ask: Are you all in? Are you willing?	<input type="checkbox"/> Practice elegance and style. Use fancy plates and glasses.
<input type="checkbox"/> Ask: Is this what you want to do now?	<input type="checkbox"/> Don't quit now if you missed a turn at mile 98 of a 100 mile trip!
<input type="checkbox"/> Gently stop the chain-reaction before a mindless binge.	<input type="checkbox"/> Do something you've never done to be who you want to be.
<input type="checkbox"/> Take a deep breath first, not a sad sigh after you eat.	<input type="checkbox"/> Only fall off your healthy food plan for something that is totally unique and fabulous.
<input type="checkbox"/> Focus on your progress, not (false) perfection.	<input type="checkbox"/> Simply make a course correction if you go a bit off track.
<input type="checkbox"/> Ask: What reminds you to be active?	<input type="checkbox"/> Take a small portion and enjoy. Unique and fabulous aren't reasons to eat mindlessly.
<input type="checkbox"/> If you go a bit off track simply make a course correction.	<input type="checkbox"/> Ask yourself: Were things easier when you ignored your wisdom and ate anyway?
<input type="checkbox"/> Ask: Are you willing to challenge yourself?	<input type="checkbox"/> You deserve as many second chances as you need.
<input type="checkbox"/> Ask: What's holding you back?	<input type="checkbox"/> Ask: What or who do you love more than eating?
<input type="checkbox"/> Ask: Was it ever easier to not do what you know is right?	<input type="checkbox"/> Beware negative self-talk and listen to different and positive voices only.
<input type="checkbox"/> Ask: What or who do you love more than eating?	<input type="checkbox"/> Break the chain of your eating habits a little at a time.
<input type="checkbox"/> (Add your own Success Tip here)	<input type="checkbox"/> (Add your own Success Tip here)

REMEMBER YOU DON'T FAIL UNTIL YOU QUIT TRYING



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