



Day 3: Eating Slowly & Mindfully

The greatest disconnect with our bodies comes when our brains aren't in tune with what's happening in our bodies.

When we eat while distracted, we miss out on vital signals our bodies are sending. Signals that let us know we've had enough to eat. Signals that let us know how satisfied we are. Signals that let us know how our bodies respond to the food we have eaten.

By slowing down, enjoying our meals, chewing well we create a greater connection with our bodies and with the food we eat so that we don't need an external (and inaccurate) source to determine our needs.

If you're skeptical about this process, my only request is that you try just ONE of these exercises, and see if it doesn't help you feel more satisfied with less food, have fewer cravings, and even drop a few pounds. I know it can help because I've seen it work for hundreds of people.



Breathe before you eat

Our lives can be so busy and so stressful. It's pretty easy to come to the table frazzled, rushed, and stressed. Which then makes our meal feel frazzled, rushed, and stressed as well.

Before you start your meal, take a few slow deep breaths. As you exhale, feel the stress and pressure of the day leaving your body. Now as you arrive to the table, notice the calm you feel.

If you find yourself getting stressed or tense as the meal progresses, pause and take a few more slow, mindful breaths.

Four mindful bites

If you've spent a lot of time eating quickly, mindlessly, and while focused on other things, it's pretty hard to jump right into eating mindfully, focused, and slowly. That's why focusing on four mindful bites is such a great starting point.

This exercise is exactly as it sounds: eat the first FOUR bites of your meal as slowly and mindfully as you can. Chew each bite thoroughly and slowly. Finish one bite before starting the next. How you start your meal sets the tone for the rest of the meal. .

Put the fork down

One of the easiest and most effective ways to slow down your eating is to put your fork (or sandwich, or finger foods) down between bites. This allows you to take the time to chew and enjoy the food that is currently in your mouth before moving onto the next bite. .



Find your "right sized" bite

What is the perfect sized bite for you? I don't know, but I know you can experiment and find out.

Most of us typically take as large of a bite as we can, but the goal is to find the most comfortable sized bite for your mouth. Use one or two meals to focus on this and experiment with it.

Eat with all of your senses

Consider tuning into your senses to make your meal more relaxing and enjoyable:

Sound: put on some light, relaxing music to listen to while you eat.... Or Justin Beiber. I don't judge.

Sight: Take your meal out on the deck and enjoy a beautiful view (and the feel of the cool breeze).

Taste: Really savor each bite, noticing nuances in taste... imagine you're a food critic and it's your job to describe the flavor in exquisite detail, how would you focus on the taste differently.

Feel: Notice the way the food feels in your mouth, as you bite, chew, swallow.

Smell: smell the aroma of your food as you're enjoying it... and also notice any ambient smells. For example, if you're out in nature, you may find yourself enjoying the scent of mountain pine cones, or a cool salty sea breeze.

Tune into your senses as you eat your meal mindfully, and see if it makes it more enjoyable when it's just you and the food.