



MINDFULNESS & EATING DISORDERS

Evidence is building that validates the benefits of mindful eating for the treatment of obesity as well as binge eating disorders

Self-Awareness makes us stronger

Mindfulness can help foster an awareness of when and why emotions such as frustration, sadness, irritation, boredom, anxiety, anger and insecurity arise. Being more present when these emotions arise helps us let go of automatic behavior, replacing mere reactivity with a more liberated and evolved response.

Mindful eating has the powerful potential to transform people's relationship to food and eating, to improve overall health, body image, relationships and self-esteem, impacting one's entire life through a better sense of balance and well-being.

What is mindful eating?

The conscious practice of **paying attention**. Most of the time we space out. We are in the world of thoughts. We are in a disconnected mode. Mindful eating teaches us to witness our eating a meal, without judgment

Levels of mindful witnessing include:

- Seeing
- Tasting
- Hearing
- Feeling

Components of mindful eating:

- learning to make choices in beginning or ending a meal based on awareness of hunger and satiety cues;
- learning to identify personal triggers for mindless eating, such as emotions, social pressures, or certain foods;
- valuing *quality over quantity* of what you're eating;
- appreciating the sensual, as well as the nourishing, capacity of food;
- feeling deep gratitude that may come from appreciating and experiencing food



The Center for Mindful Eating (TCME) is a forum for professionals across all disciplines interested in developing, deepening and understanding the value and importance of mindful eating. TCME provides a wide variety of resources and training for those seeking up-to-date information about mindful eating practices, research, and education.

“There is no guarantee that mindful eating will help you lose weight,” said Bays, who’s led mindful eating retreats in Oregon for seven years and is author of the 2009 book, “Mindful Eating.” “But it will help you enter a balanced, helpful relationship with food again.”

