



YOUR GUIDE TO

Mindful Eating

Meriden McGraw, MS, MPH + Sian Cotton, PhD

Mindful eating means being fully attentive to your food as you buy, prepare, serve, and consume it. Mindfulness helps us get at the underlying causes of overeating, stress eating, or eating out of habit with awareness, curiosity, and kindness.

1

SLOW DOWN

Put away your devices. Even just for the first few bites of food. Use curiosity and engage all of your senses.

2

SEE

What does your food look like? How many different colors are there? What ingredients do you see?

3

SMELL

How does your food smell? Do you smell a specific ingredient?

4

FEEL

Is your food hot or cold? Crunchy or soft? Are you touching it with your hands or using utensils?

5

HEAR

Can you hear your food sizzling, simmering, or being stirred? Does it have a crunch? Are there sounds happening around you?

6

TASTE

What flavors do you taste? Do you taste any specific ingredients? Does the flavor change over time?



Click here for a guided practice with Meriden



pay attention to
your food on purpose



no
judgment



use
all senses



be open to the process
without worry, see what the
experience is like for you
and allow, do not force



Print this guide and hang it on your fridge as a mindful reminder

MINDFUL

Menu

Mindful opportunities from the
Osher Center for Integrative Health

EVIDENCE-BASED MINDFULNESS PROGRAMS TO IMPROVE YOUR WELL-BEING



VIRTUAL OFFERINGS (NO-COST)

MINDFUL MONDAYS WITH DR. BARBARA WALKER (NO-COST).....EVERY MONDAY

Open to the community, virtual via Teams

MINDFULNESS MEDITATION FOR RESTORATIVE HEALTH. (NO-COST).....4 WEEK SERIES

Monthly 4-week series for patients with chronic conditions such as cancer and neurological disorders and their families, virtual via Teams



IN-PERSON OFFERINGS

INTRODUCTION TO MINDFULNESS & MEDITATION (NO-COST).....EVERY THURSDAY

Open to the community, located at the Blood Cancer Healing Center

FACULTY MIND-BODY SKILLS TRAINING RETREATS.....EACH SPRING/FALL

Immersive 3-day retreat for faculty/staff from all colleges across UC and external institutions, located at Murphin Ridge Inn, West Union, Ohio



WORKPLACE OFFERINGS

Customizable evidence-based programs aimed at decreasing stress and increasing resiliency resulting in less employee turnover and a happier, healthier workplace

INTRODUCTORY SESSIONS (VIRTUAL OR IN-PERSON).....ONE HOUR

RETREATS (VIRTUAL OR IN-PERSON).....HALF OR FULL DAY

WEEKLY COURSE SERIES (VIRTUAL OR IN-PERSON).....4, 6, OR 8 WEEKS

CHAMPION (TRAIN THE TRAINER) SERIES.....FULL DAY



STUDENT OFFERINGS

For-credit classes available through the UC College of Medicine

SELF-CARE AND MENTAL WELL-BEINGMEDS 2089

MINDFULNESS BASED STRESS REDUCTION & MINDFUL SELF COMPASSION.....MEDS 3070