

Food for Thought

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Mindfulness is a way of thinking, doing and living. The practice of mindfulness has been around for thousands of years. Mindfulness is a technique in which a person becomes intentionally aware of their thoughts and actions in the present moment, non-judgmentally. Research suggests that those who practice mindfulness enjoy physical and emotional well-being including improved self esteem, better management of depression, and reduced blood pressure.

One area of mindfulness focuses on eating. It is not a diet. It is not a fad. Basically, mindful eating is eating to live, not living to eat. It is eating intuitively. It is the simple practice of paying attention. When you practice mindful eating, you listen to your body, eat when you are hungry, and stop when you are satisfied.

The key to mindful eating is to be in the present with mind and body. Eat an orange for its flavor, smell, or texture; not because you are sad, angry, or fearful about the past or future.

Think about how children eat – they eat enough to satisfy their hunger and then they are ready for play. If you eat like a child, you will find that you may start eating smaller meals more often throughout the day. Studies have found when a person eats like this, body metabolism increases; blood sugar levels stabilize; and one finds a healthy weight for their body.

Being conscious of what is happening in your life on all levels – tasting, seeing, hearing, feeling – is the first step to being mindful. The challenge is yours: nurture yourself...starting with one mindful meal a day. ☺