

Mindfulness:

Mindfulness is nothing short of unlocking the key to a better life. It isn't mystical or spiritual, or "out there", it's simply giving full attention to what you're doing in the present moment, and it vastly improves the quality of your everyday. It's not about ignoring life's stresses, it's about changing your relationship with your stress and cultivating gratitude. It's living your life on, and with, purpose.

WHAT IS MINDFUL EATING?

- An engaged vs. autopilot mindset around food
- Intentionality about food choices and patterns
- Experiencing food through the five senses
- Accepting ownership and responsibility for our choices through awareness
- Strengthened attention to your unique physical, mental and emotional food cues

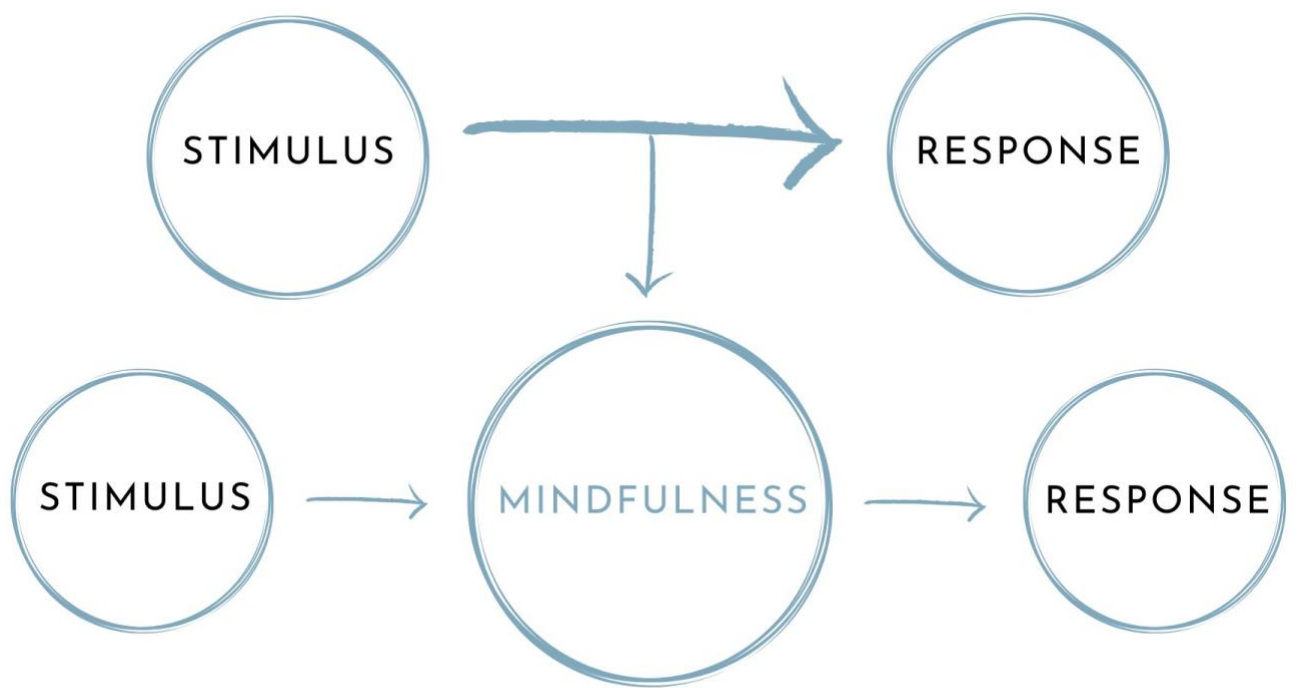
WHAT DOES IT DO?

- Allows personal empowerment, self-awareness and self-trust
- Increases physical, mental and emotional satisfaction
- Helps shift your vernacular and narrative around nourishment
- Teaches responding to food without judgement
- Acknowledges there isn't a right or wrong way to eat, just your way
- Helps establish a healthier and more pleasurable relationship with food
- Develops attention to physical cues rather than emotional ones
- Can reduce occurrence of compulsive eating if awareness is the issue
- Strengthens your mindfulness muscle
- Encourages gratitude

TIPS TO PRACTICE MINDFUL EATING

- Plate your food
- Have a seat
- Ditch everything with a screen
- Use your non-dominant hand or chopsticks
- Chew slowly
- Notice flavors, colors, textures
- Put down your utensil between bites
- Take your time
- Allow 20 minutes

- Notice how taste declines with every bite



Burned Out to Balanced:

- Feeling disconnected, reclusive, withdrawn
- No appetite, or it's out of control
- Unintentional weight gain or loss
- Poor sleep/stress dreams
- Easily triggered—give attention to your reaction to minor inconveniences
- Not enjoying what normally makes you feel good
- Substances are self-care
- Anxiety/depression
- Poor work performance
- Feeling like you'll never "catch-up"
- Challenged personal relationships
- New physical pain or health issues (particularly gastrointestinal)
- Weakened immunity
- Low libido
- Memory issues/forgetfulness/attention issues/difficulty learning new tasks
- Feeling like no one "gets it"

SUPPORTING YOUR PSNS

- Nourish your body with quality nutrition
 - Move your body daily
 - Prioritize sleep
 - Have a stress cycle toolbox
 - Limit time with difficult people
 - Practice meditation or deep breathing
 - Clean & organize your spaces
 - Give yourself permission to rest
 - Give your time to someone in need
 - Be intentional about connection with others
 - Accept that there are things you cannot control
 - Ask for what you need
 - Make time for joy
1. Sit for a five-minute meditation.
 2. Perform a five-minute breathing exercise with intention.

3. Practice ten yoga poses.
4. Listen to your favorite upbeat song.
5. Run in place or jam out some old-school aerobics moves.
6. Make your bed and vacuum your bedroom.
7. Drink tea and look at your favorite pictures (not other people's favorite pictures).
8. Get an alone adult time-out in a locked room.
9. Be generous to someone. Giving to others is an amazing way to get feel-good hormones pumping.
10. Execute a random act of kindness.
11. Watch an animal video and laugh.
12. Play with or hug your animal, child or partner.
13. Go through your email and unsubscribe from everything that you no longer want to see.
14. Call your friend or partner instead of texting. Hear their voice. Demand they make you laugh.
15. Take a minute and rethink your ideas about what great family time might look like. Is breakfast easier than dinner? Is a weekly family movie or game night what works for real connection? Don't worry, you're doing a great job.
16. Make a list of the people who make you feel great. Make a plan to connect with them regularly.
17. Spend five minutes thinking about what makes you feel your best. How can you recreate that soon?
18. Admit you need to get some things off your chest with your partner, boss, friend about something that's not working and plan a time.
19. If you're heading into a tough situation, ask yourself what the worst-case scenario is. Then tell yourself no matter what happens, you're going to give yourself all the moments you need to recover, that you're going to survive and be okay. Because, guess what? That's your only option.
20. Do literally nothing, just sit for five minutes and be silent.

BODY (GOOD ENERGY & PAIN FREE)

MIND (RESILIENT & MENTALLY CLEAR)

STRESS LEVEL (LESS THAN 4)

SLEEP (FEEL RESTORED)

MOVEMENT (RESPECT FOR MY BODY)

NOURISHMENT (FUELING MY CELLS & MY MIND)