

Mindful Eating for a Healthy Mind

What we eat and drink affects how we feel, think and behave. Knowing what foods we should and should not be eating can be confusing when advice changes regularly. When we eat the wrong types of food this leads to feelings of fatigue, loss of concentration, and reduced efficiency. Ultimately these feelings can also affect our mood.

It is important to explore what we eat and how that makes us feel. As well as physical benefits, having a healthy balanced diet can also positively affect our mood.

Mindful Eating Involves

- Appreciating the food we have
- Being aware of hunger cues
- Engaging with our senses
- Noticing the effects food has on our feelings and figure
- Eating to maintain overall health and well being



Eating the right types of food can lead to increased energy, improved concentration and enhanced overall well being. Take time to be mindful of your food choices and how you feel when eating them.