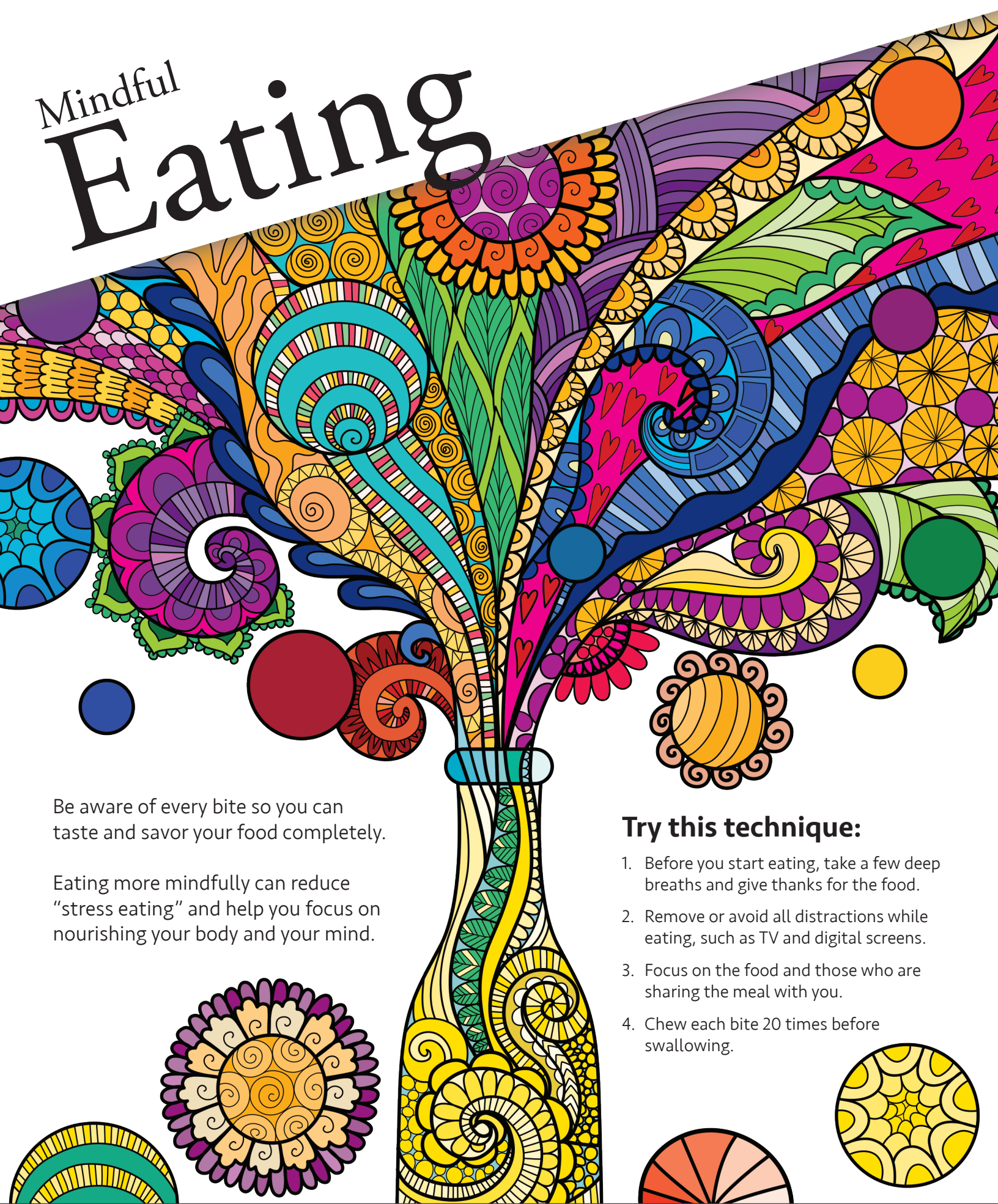# Mindful Eating

Be aware of every bite so you can taste and savor your food completely.

Eating more mindfully can reduce "stress eating" and help you focus on nourishing your body and your mind.

Try this technique:

1. Before you start eating, take a few deep breaths and give thanks for the food.

2. Remove or avoid all distractions while eating, such as TV and digital screens.

3. Focus on the food and those who are sharing the meal with you.

4. Chew each bite 20 times before swallowing.

Mindful *Eating*

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