

# A TOOLKIT FOR PROFESSIONALS MINDFULNESS AT WORK

## Mindful Office Snacking

### DID YOU KNOW?

Studies have found mindful eating can improve eating habits, such as slowing down the pace of eating, recognizing feelings of fullness, increasing control over consumption, and reducing binges and emotional eating.

*When stressed at work, we may find ourselves turning to snacks or drinks for comfort.*

*These consumption patterns are not always in alignment with the true needs of our body and mind.*

*Mindful snacking empowers us to make decisions that support our holistic wellbeing.*

### MINDFUL EATING PROMPTS:

- What is my mental and emotional state in this moment?
- What hunger cues am I aware of?
- Am I hungry for food, or something else?
- What do I know about where this food came from?
- Based on past experiences, will eating this food satisfy my current needs?
- Can I mindfully enjoy each bite? Would it help to slow down?
- What Sensation are present, in body and mind, as I'm eating?
- What do I feel like after having eaten this item?
- Was it enough? Is there regret? Would I eat that again?

