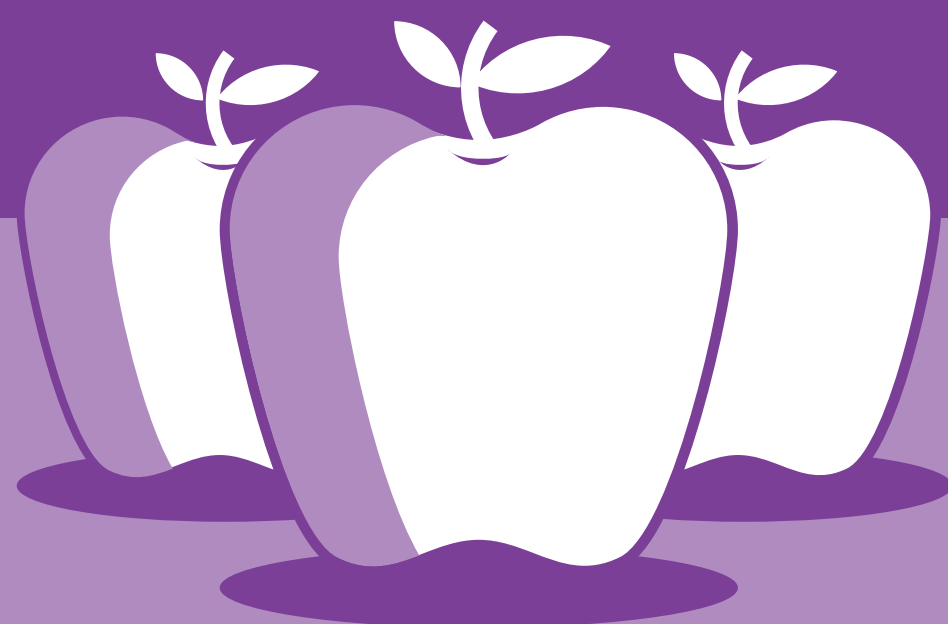


# Good food, good mood

You might be aware that practising mindfulness can positively impact our overall health and productivity. But, did you know that mindfulness can be applied to eating, too?



#LetsTalk

## What is mindful eating?

Mindful eating brings attention fully to not just the taste of food and the experience of eating it, but also the reason for eating it. By concentrating while we're making food purchases, preparing meals and snacks, sitting down to eat and the experience of eating, we can make changes to our attitudes towards food and to our bodies.

**1** Control eating habits by avoiding sleepwalking into unhealthy choices or habits

1

**2** Avoid overeating, reduce binge eating and lose weight by paying more attention to what you're buying, preparing and eating at and between mealtimes

2

**3** Feel better and be more productive with improved energy levels, focus and concentration that comes with making smarter food choices and tweaking our habits

3

## The "4S" approach to eating mindfully

Taking a more mindful approach to eating isn't difficult. Here are a few suggestions for making the most of mealtime:

**S** Spotlight: Prioritise your mealtimes

- Sit down, don't stand while you're eating
- Set aside at least 15 minutes to enjoy your meal
- Eat slowly, be conscious of chewing your food thoroughly
- Avoid distractions

S

**S** Scan: Make sure you're hungry rather than bored or stressed

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**S** Savour: Really enjoy your food

- Use your senses; notice colours, smells, textures and flavours
- Take your time; appreciate your food and don't rush through eating

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**S** Stop: Eat until you're 80% full  
• Satisfy your hunger without eating until you're too full or nauseous

## Help for healthier living

Whether you're an individual looking to improve your health and wellness with self-care resources, or an organisation taking steps to help build a more resilient workforce, there are programmes and resources that can help.

For more information check out [Mental health support resources](#) and [Aetna International's stress-reduction services](#)

#LetsTalk

#MentalHealth

#MentalHealthAwareness

#EndTheStigma

Sources:

<https://www.aetna.com/health-guide/food-affects-mental-health.html>