

RESILIENCY

Resiliency In The Moment: BASICS of Mindful Eating



“Mindfulness isn’t difficult. We just need to remember to do it.”

- Sharon Saltzberg

Practice mindful eating during your next meal.

Breathe and belly check for hunger and satiety before you eat.

Assess your food

Slow down

Investigate your hunger throughout the meal, particularly half-way through

Chew your food thoroughly

Savor your food

* Mindfulness eating model from Lynn Rossy, PhD

Need more help? EAP – (314) 747-7490 24-hour, virtual hotline available
Employee Support Line – (314) 747-7493 8:00 am - 6:30 pm Monday – Friday
Visit the [BJC COVID-19](https://covid19.bjc.org) site for additional Wellness Resources – covid19.bjc.org