

Name: _____

Date: _____

Eating Mindfully

F R F M E D I T A T I O N E H G B Y I I L I W D
X L N V E H M L F I N T E R N A L C U E S M O Q
V L I M I T D I S T R A C T I O N Q V B P A S X
J X T F L C Z D P S T A Y I N T H E M O M E N T
V G T N T J O S S Q Z T Z B Q T D N T G G Z D M
Q P N W K I F W E X Z H L O Z I K I N D N E S S
N Z W J T G B M I N D A N D B O D Y H P M P N D
O R I E X P L O R A T I O N M N G X J K D Y D I
N Q L F L E X A B I L I T Y Z J F N J G Q A Y Y
J Y C V D W E A D H U N G E R C U E S Q G J Q I
U P S N Q I H Q I X I L A D K T S A U A E J C X
D E F K H H C H A L L E N G E Y O U R S E L F Y
G B R E A T H E C Y K J U L M I J T V W U Q Q S
E E U W Y O P P Q A C K I N T U I T I V E I O M
M A V O I D E M O T I O N A L E A T I N G B H R
E Y A U F I P O S I T I V I T Y C T I D E O B O
N O F U W H S E L F C O M P A S S I O N F B K E
T M A W A R E N E S S O K R I F M E D N P H O M
A T V M G G T J A P G P M I N D F U L B I T E S
L H Z L I A R G N V B F C H E W I N G V L J Y B
A G I C F O U F J O M I N D F U L L N E S S G K
G Y N V V R S M M K A V O I D T R I G G E R S A
G Z R V K J T T W O A N V O P Z U T Y Y W K W O
X K G H D G Q G P H Y S I C A L H U N G E R N E

AVOID EMOTIONAL EATING
LIMIT DISTRACTION
NONJUDGEMENTAL
MINDFUL BITES
FLEXABILITY
MEDITATION
INTUITIVE
BREATHE

CHALLENGE YOURSELF
SELF COMPASSION
AVOID TRIGGERS
MIND AND BODY
EXPLORATION
POSITIVITY
KINDNESS
TRUST

STAY IN THE MOMENT
PHYSICAL HUNGER
INTERNAL CUES
MINDFULLNESS
HUNGER CUES
AWARENESS
CHEWING