**New Year New You Class 2018**

Mindful -Eating Class

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**Step 1: Relaxation**

1. Relaxation Breathing
2. Inner Scan – self examination
   1. Emotional eating tendency
      1. For example: angry, sad, happy, etc.
   2. Stress
      1. Internal Stress (Example: Rushing, anxious about a meeting, work deadline, etc.)
      2. External Stress (Examples: loud music, voices, physical environment, etc.)

**Step 2: Intentions – What are your Intentions for this meal?**

1. Process of Eating:
   1. For example; eating more slowly, more focus on enjoyment of the food, company you are with?)
2. Content of Food:
   1. What were your food choices for this meal
      1. Protein, carbs, fats (Meat, beans, veggies, fruits, oils, etc.)
      2. Portion sizes of each food group

**Step 3: Survey & Adjust**

1. Maintain relaxation breathing
2. Survey your plate
   1. Assess if it coincides with your intentions for the meal, if not make the adjustment.
   2. Place excess food onto the second plate or if you feel you are missing something then obtain the needed food item if possible. (For example do you have too much carbs or meat and do you need more veggies)

**Step 4: Gratitude**

1. Establish a tone of gratitude for this meal.