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## MINDFUL EATING VS MINDLESS EATING



Mindful eating is a technique and approach to food that will help you create fantastic habits around the way you eat your meals. A Mindful eater can benefit from this strategy in so many ways:

weight loss, reduce binge eating, raise awareness around emotions while eating, and overall reach optimal wellbeing. When you open to the possibility of creating a TRANSFORMATION you gain so many benefits.

### 5 Ways to practice the Mindful Eating

- 1 Eating out of emotions (loneliness, boredom, stress) not real hunger.
- 2 Eating while in a rush and full of distractions.
- 3 Eating as it is a mechanical action.
- 4 Eating with no awareness of when your body is satiated.
- 5 Eating the food you have on your plate as it is for granted.

Eating to nourish your body and your senses to maintain overall health and wellbeing.

Eating slowly without doing something else.

Eating while engaging the senses noticing the smells, the colors, the texture, the sound while cooking, the taste.

Eating while listening and engaging with the messages your body is sending to you.

Appreciate the food you have for each meal of the day

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Have you ever really experienced the food you eat?  
**With this 5-minute exercise, you can practice the mindful eating technique.**

Chose your favorite food to savor, and seat comfortably while eating. Let's say you picked a flavorful mixed salad with a lot of greens, almonds, cherry tomatoes, avocado, cucumber, chick-peas, quinoa.

You don't want to be starving when you seat to eat but ordinarily hungry. Now, start to practice the 5 techniques listed above, make sure you are in a quiet place without distractions.

Feel the senses.

**Journaling - Use this space to write your feeling - sensation - emotions.**

Close your eyes for a moment, scan your body and feel every part of it. What did I get from experiencing the mindful eating exercise?

How did you feel when being present and fully conscious in front of the food you were about to eat?

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What do you think was the difference compared to how you usually eat?

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What did you find was easy to do or understand about this exercise? What was instead more difficult?

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If you enjoyed the Mindful Eating exercise, you can share your experience with me!

Send me an email at [info@360healthforsuccess.com](mailto:info@360healthforsuccess.com)

Feel free to share this mini-guide with your friends or people you think they might need it.

Don't forget to come and visit me on my social I'd love to stay connected with You!

<https://www.instagram.com/360healthforsuccess/>

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I invite you to discover my world of **Health and Wellness** that starts from the body and connects the mind and the spirit. Yes, because feeling good is not just something physical, but it is very much about your thoughts and what you believe as well. I help you create a transformation and discover the Lifestyle that fits you.