

EATING FOR YOU

Changing Eating Habits Practice



1) CREATE SPACE

Creating space in your mind and in your life is the first step to changing eating habits.

Mindfulness techniques help to create space in your head and in your day (your 24 hours).



2) CONNECT

We make over 200 decisions about eating each day and may only remember 20 of them.

A daily practice of being mindful of what, when, why and how you eat, helps you to connect with your eating habits.



3) OBSERVE

Being able to observe your habits without judgement means that there are *no right and wrong* or *good and bad* when it comes to food choices or eating habits.

You will notice that some of your choices support you better than others



4) TRANSFORM

You now understand your habits and realise that they no longer support you.

Transformation works best when you focus on one habit at a time.

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5) PATIENCE

Practising a new way of eating is also accepting that you will most likely fall back into old habits. *So you need to be patient and kind to yourself.*



Creating space is required to break habits and find new solutions to your eating and health. Otherwise the temptation for another diet or restricted way of eating is going to be too great.

Whilst quiet time for short meditations is recommended, what I refer to as, practical mindfulness is the real key, as you become mindful in every moment of the day.

It is important to create space to connect with and observe habits with fresh eyes.



Connecting with your unique way of eating is crucial to raising your awareness of your habits, especially since we only remember about 10% of our food choices during the day.

To move towards a new, balanced and personalised way of eating, the what, why, when and how of eating needs to be understood. This practice makes you aware of your drivers (your reasons) for eating.

Learning to **observe**, rather than judge, eating habits supports a change in the way that we eat. It reduces the negative emotions that we have associated with eating.



Self criticism rarely motivates us to change our habits. It usually leads to further judgement and a strengthening of current habits. And feeds a cycle of self loathing.

Observation creates a distance between "you" and your habits. This way you start to see, that you are much more than what you eat, and this builds self compassion and confidence to try a new way of eating.



Eating habits that you may choose to **transform** include eating on the run, skipping meals, dieting, eating whilst distracted, boredom eating, eating too little, eating too much, mindless snacking, emotional eating, and negative self talk directed at food or your ability to eat in a natural and balanced way.

Moving towards a balanced way of eating means eating mindfully, and considering your current personal requirements.

Be **patient** as you practice eating mindfully and prepare for the cycle of change. Sometimes we make a choice that works first up, but more often than not, something disrupts our new choice and we fall back into old habits. *On average it takes 66 days to change a habit.*



By practising a new way of eating you recognise the benefits that it will bring e.g. less stress and anxiety and more enjoyment of food.

Accept that you will make mistakes, because you are human, and have a rescue plan ready to help you refocus on eating mindfully.