Weight Management 360 Program

Mindful eating

Regal Medical Group | Lakeside Community Healthcare™ | ADOC Medical Group

Agenda

1. Goal check
2. What is mindful eating?
3. Recognize triggers for unhealthy eating
4. Practice mindful eating techniques
5. Understand the hunger-fullness scale
6. Enhance body awareness
7. Eliminate guilt around food choices
8. Prioritize self-care in your eating journey
9. Evaluate your mindfulness in eating

Goal check

Were you able to meet your goal from last week?

What worked? What didn't?

"It's feedback, not failure"

What is mindful eating?

Mindful eating isn't just about food. It's about listening to your body, making intentional choices and building a healthier relationship with nourishment.

- Paying full attention to the food you're eating.
- Being aware of hunger and fullness cues.
- Enjoying the textures, smells and flavors of your food.
- Eating without distractions (no TV, phone, etc.).
- Listening to your body's needs, not external cues.

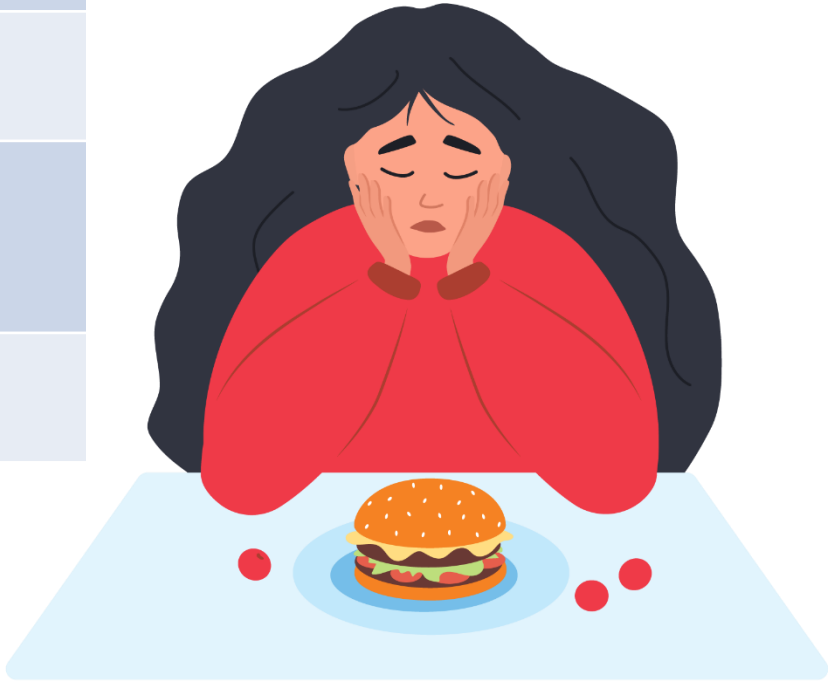
Why does mindful eating matter?

Mindful eating is about slowing down, tuning into your body and becoming more aware of how food makes you feel—physically and emotionally. This can help you make healthier choices and reduce stress around eating.

- Helps you tune into hunger and fullness signals.
- Reduces overeating and emotional eating.
- Improves digestion and satisfaction.
- Supports long-term weight management without dieting.
- Fosters a positive relationship with food.

Emotional hunger vs. physical hunger

Emotional	Physical Hunger
Comes on suddenly.	Comes on gradually.
Crave certain food.	Open to eating any food.
Not satisfied with fullness.	Feel content and satisfied with a meal.
Feel guilt or shame.	Enjoy favorite foods without guilt.



Triggers

- **Social** – Hanging out with friends.
- **Emotional** – Boredom, stress, anxiety, loneliness.
- **Situational** – Popcorn with movie, passing by Starbucks.
- **Thoughts** – Negative self-worth.
- **Physiological** – Dehydration, lack of sleep, hormonal changes.

What are your triggers?

How to eat mindfully

- Plan to sit when eating.
- Eat without distractions.
- Pay attention to the taste, smell and textures.
- Notice any emotions.
- Create a more intentional eating environment.
- Set a nice placemat.
- Eat slowly and chew thoroughly.
- Avoid the clean plate method.

The hunger fullness scale

1 - Famished: Starving, weak/dizzy.

2 - Very hungry: Irritable, low energy, stomach growling.

3 - Hungry: Stomach is beginning to growl.

4 - Beginning to feel hungry: Thinking about food but no urgency.

5 - Hunger has lessened: Not hungry nor full.

6 - Satisfied: Not hungry, slightly full pleasant feeling.

7 - Slightly uncomfortable: May eat a couple bites for pleasure.

8 - A little too full: Feeling stuffed, may need to loosen belt.

9 - Too full: Can hardly move, need to unbutton pants, stomach aches.

10 - Overstuffed: Feeling sick and nauseous.

Note: Stop at 6 or 7 if you feel you're satisfied, and stop eating even if there is food left.

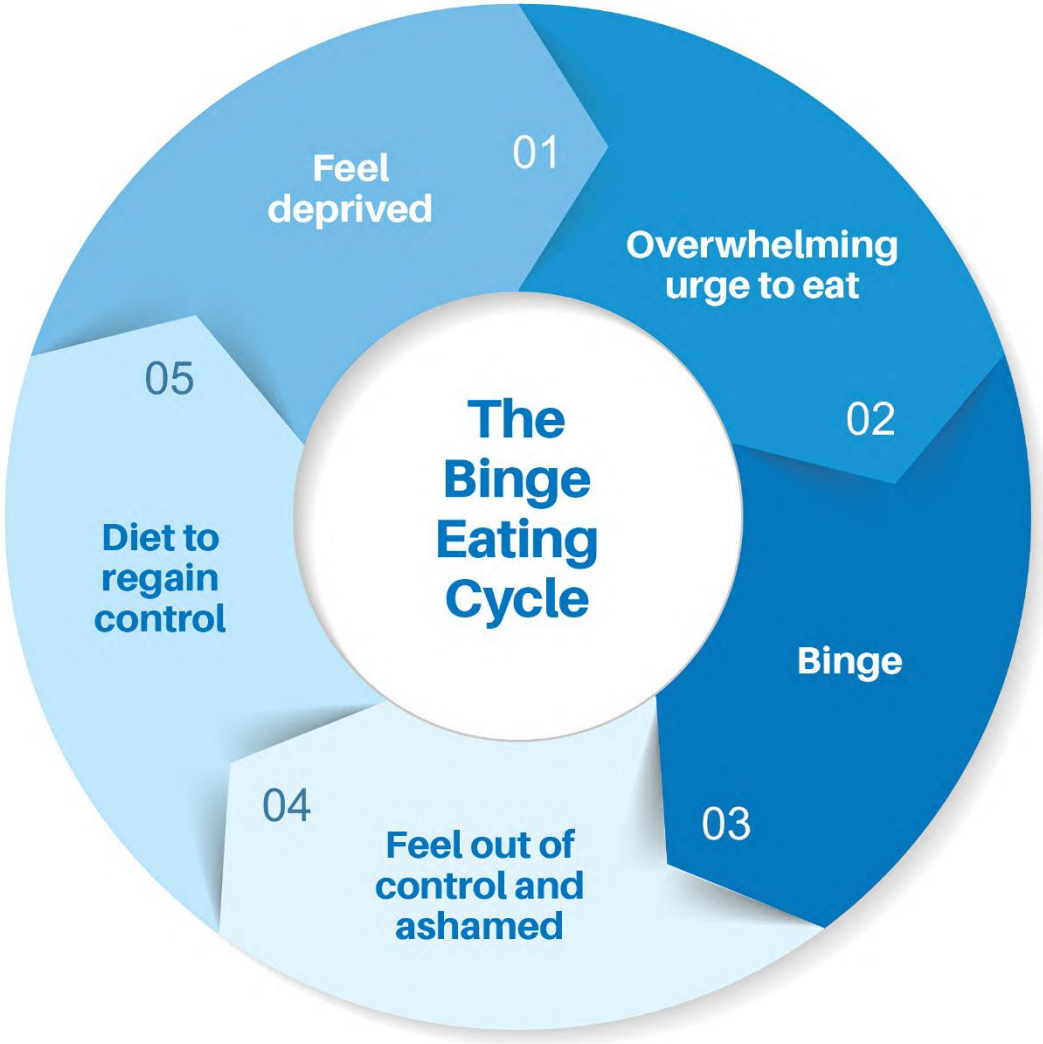
Body awareness

Check in with your body throughout the day.

- Do you feel stiff? Take a stretch break.
- Are you bored? Find a hobby or activity.
- Feel lonely? Call a friend or take some *me time*.
- Are you thirsty? Drink water, especially important with some medications.
- Are your eyes tired? Take a break.
- Feeling sad? Seek support. Ask for help. Write it down.
- Is someone annoying you? Step away to de-escalate. Set boundaries.
- Are you hungry? How hungry? (Use the hunger fullness scale.) Have a snack or meal if truly hungry.
- How do you feel?

Get rid of guilt

- Allow yourself to enjoy your favorite foods.
- CHOOSE to eat a small portion of something you like.
- Write it down in your journal and be honest – no judgment.
- Take note of how you feel during and after.
- How is this benefiting you? How is this helping you manage your weight and avoid side effects or complications?



Self care

- Exercise – Stress reducer, mood boosting and supports weight management.
- Sleep – Sleep deprivation can impact appetite regulation and cause sugar cravings.
- Connect with others – Share your feelings with someone you trust.
- Manage stress – Breathing techniques, stretching, hobby, meditate.
- Keep a journal or planner – Track food intake, mood and side effects.

What do you do for self-care?

How mindful are you?

- What else do you do while eating?
- How do you know you've eaten enough?
- Do you categorize food as good and bad?
- How long does it take you to eat a meal?

Set your SMART goals

What will you work on this week?

- **Specific** — State exactly what you will do.
- **Measurable** — Provide a way to evaluate that you are doing the right amount.
- **Achievable** — Considering your life, they are possible to accomplish.
- **Relevant** — Make sense for assisting you in reaching your overall goal.
- **Time-bound** — Give yourself a time frame, date or time to accomplish these tasks.

Questions

Thank you!

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For any questions or more information, please contact the Health Education Department at memberhealthed@regalmed.com.

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