Meal Support Setting Intentions to Practice

The following are examples of intentions to practice while eating.
Consider a more challenging intention when you are in a session with your support team.

1. Notice appetite cues once or more while eating. ‘‘Can you notice a changing sensation at 10 minutes, 30 minutes etc...?’’
2. Use all five senses and pause to notice each (right now I see, I hear, I smell, I taste, I feel)
3. Eat in silence for a part or the entire mea
4. Notice the impact of the physical space on your eating. (The table for example, the chair, the room)
5. Mindfulness. Practice giving your full attention to your eating experience.
6. Social connection. Notice how the person you are with impacts how you feed yourself.
7. Solitude. Notice how eating in solitude impacts your experience.
8. Joy. Find a joyful part of a meal
9. Making due. Experience the less than favorite or making due parts of your meal.
10. Gratitude. Find one thing about your food that you can appreciate.

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