

HOW MINDFULNESS
CAN CHANGE YOUR LIFE

PART 2
THE ART OF LIVING IN THE MOMENT

Mindful Eating



#DiscoverYourLight

HOW MINDFULNESS CAN CHANGE YOUR LIFE

PART 2



MINDFUL EATING

1

Choose a convenient mealtime when you won't be expected to socialize.

2

Eat slowly. Focus on each sensation of each bite: smell, site, taste, touch, sound.

3

Immerse yourself in the richness of the practice. Try to eat the entire meal slowly, and eat with your non-dominant hand.

HEALTH BENEFITS

Reduced stress | Improved digestion | Reduced overeating & weight gain

WHY IT WORKS TO REDUCE STRESS

Taking time to appreciate the small things we often forget, can help take our mind off of our daily concerns.

WHAT IS MINDFULNESS?

Mindfulness is a state of active, open attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience.

RESOURCES

lighthousearabia.com/resources

T. +971 (0)4 380 2088

E. info@lighthousearabia.com



@lighthousearabia



THE LiGHTHOUSE
CENTER FOR WELLBEING