

Mindful Eating: Mini Check-In

Mini Check-In Tool

In the MB-EAT® program, the tool that helps most people tune in and succeed in lowering binges per week is the daily mindfulness meditation practice. Second to that is a “mini check-in,” which involves simply taking a few deep breaths before eating, and becoming aware of your body and mind. Follow along below a few times this week before eating a meal.

- Sit down with your meal in front of you, undistracted and aware.
- Begin by closing your eyes and taking two or three deeper breaths to settle in.
- Let breathing fall into a natural and comfortable rhythm, and focus on the sensations of breathing for a moment.
- Notice any thoughts, emotions, or feelings that arise in the body, without judgment. Simply accept whatever is happening right now.
- Pay particular attention to any thoughts, emotions, or feelings that arise that may be related to eating or the food in front of you.
- Bring attention to your level on the hunger scale. What number best explains your experience of hunger right now? How did you decide that number?
- Bring your attention to your level on the fullness scale. What number best explains your experience of fullness right now? How did you decide that number?
- Bring your attention back to your breath, and the body.
- Open your eyes, and choose to eat the food in front of you with mindful enjoyment!

Notice how/if the mini check-in affects your eating experience. As you consume your meal, and once you've completed it, tune in once again to your hunger and fullness levels with an open-minded curiosity!

