# Practicing Mindful Eating – Article (PEBB)

# How to use

* Share the article below in a newsletter or blog to promote the *Practicing Mindful Eating* activity, which runs from May 10 to July 2, 2021.
* The article is ready to use as is or you can edit to make it work for your organization.
* If needed, finish by adding your contact information, logo, and more.

**ARTICLE BELOW**

Title: Be mindful about your eating

**[](https://smarthealth.hca.wa.gov/)**

Eating can become a mindless act, often done quickly. This can be problematic since it takes your brain up to 20 minutes to realize you’re full.

By eating mindfully, you restore your attention and slow down, making eating an intentional act instead of an automatic one.

## What is mindful eating?

Mindful eating is practicing awareness and focus while preparing and consuming food.

It invites us to remove distractions and sit uninterrupted with our food. In doing so, we begin to increase our recognition of physical hunger and fullness cues, and distinguish between emotional and true, physical hunger.

### Limit distractions

When was the last time you paid attention to your eating? Many of us often eat on autopilot, chowing down food while our attention is on the TV, a book, a conversation, or lost in a daydream.

## What are the benefits of mindful eating?

Several studies have shown that mindful eating strategies might help treat eating disorders and help with weight loss.

Mindful eating is about a long-term, sustainable approach to eating, without restrictions, where weight loss isn’t the goal but can be a by-product.

When we’re more aware, the mind is calmer; when the mind is calmer, we’re less prone to eat in an emotional way. We also have increased clarity so we’re better able to see our patterns of eating, and that clarity frees us to make better choices.

## Try it!

Join the “[Practicing Mindful Eating” activity](https://smarthealth.hca.wa.gov) in SmartHealth between May 10 and July 2. Bring awareness to what you’re eating, why you’re eating, and how you typically consume food. Mindful eating takes practice.

### What is SmartHealth?

[SmartHealth](https://www.hca.wa.gov/employee-retiree-benefits/pebb-smarthealth) is included in your benefits and is a voluntary wellness program that supports your whole person well-being. It helps you manage stress, build resiliency, and adapt to change. As you progress on your wellness journey, you can qualify for the SmartHealth wellness incentives.