



Be mindful about your eating

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 slow down, savor the flavors, and notice when we are full.

Try it!

Join the **“Practicing Mindful Eating” activity** 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 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.

Smart  Health

Supporting you on your journey toward living well