

Mindful Eating

Here are a few tips you can try at home

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1 Always try to sit down at a table to eat.
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Before you sit, clear any clutter that may be on the table.

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3 Set a place for yourself, even if you are eating alone.
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Use tableware and utensils that appeal to you.

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5 Take a moment to adjust the lighting so it feels pleasant to you.
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Consider playing some soft, relaxing music while you eat.

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7 Try to minimize multitasking while eating.



GastroDoxs
—defenders of the digestive system—