



Overcoming Emotional Eating

Self-Love Homework

Week #1

‘When we start to pay attention in an intentional and non-judgemental way,... and thus bring ourselves back into the present moment, we are tapping into very deep natural resources of strength, creativity, balance, and yes, wisdom – interior resources we may never have realised we possess’.

An excerpt from ‘Mindful Eating’, by Jan Chozen Bay

Overcoming Emotional Eating Self-Love Homework Challenge #1

For the next 3 days, every time you eat or drink (or as often as you can) – every meal, snack, glass of water or cup of tea – practice mindful eating and drinking:

1. Notice the textures of the food/drink in your mouth, and as you swallow.
2. Notice the temperature of the food/drink in your mouth, and as you swallow.
3. Notice what happens to your breathing when you are eating/drinking.
4. Notice how your stomach feels.
5. Notice the muscles in your face, head and neck moving.
6. Notice what the energy feels like in your body.
7. Notice how long you can eat/drink mindfully before your mind wanders. Then bring yourself back to mindful eating.
8. When you receive the email with the link to this week’s online diary on Sunday, write about how you experienced and what you learnt through this practice of mindful eating.