

# Emotional Wellness and Mindful Eating

Emotional wellness refers to your ability to cope with and adapt to stressful situations while also being aware of your own personal feelings and emotions.



Have a positive outlook on things, before forgiving and confident in your actions.



Manage stress by taking part in relaxing activities and being compassionate with yourself.



Develop a support system and surround yourself with positive people in order to build strong relationships.



Allow yourself to experience a variety of emotions and become aware of what you're feeling and why.



Practice mindfulness by taking part in breathing exercises, enjoying the outdoors and being mindful when eating.

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## What is mindful eating?

Mindful eating is about paying attention to your food and surroundings, to create a more intuitive eating experience.

Mindful eating encourages individuals to:

**Focus** on eating, without any distractions



Use their **senses** to fully enjoy the flavors, textures, and aromas of their food



**Reflect** on their mealtime experience, considering what, how, where, and why they ate.

