Momentum

Mindfulness and eating

AVAYA

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Tips for more mindful eating

- ☑ Before eating, take a moment to identify your feelings. Are you bored? Stressed? Sad? Hungry? Not hungry? This can help you make better food choices.
- ☑ Acknowledge and give gratitude for the labor that went into providing your meal.
- ☑ Don't eat on the go. Avoid the smartphone, TV, computer, etc. when eating.
- ☑ Use smaller plates to control your portions. Chew your food slowly. Enjoy its taste and texture. Put down your utensils between bites. Slow down!

Using mindfulness to take charge of your eating

In this busy world, it's common to quickly devour meals in between (or during!) other pressing tasks. Perhaps you stare at a screen while eating, and in a blink the meal is gone and you barely noticed it. This is mindless eating whereby your primary attention is elsewhere—not on your food.

However, you can improve your eating habits by practicing mindfulness around food. You're likely to eat better food, and perhaps less food.

- Mindful eating means being fully attentive to your food—as you buy, prepare, serve and consume it.
- Distracted eating makes it harder to listen to your body's signals about food and other needs.
- Try gradually changing the habit of eating and not paying attention. Your eating will be more in control, and you'll enjoy it more.

Webinar—Participate in our timely webinar, Using Mindfulness to Take Charge of Your Eating, on Wednesday, December 11. Register here.

Log on to MagellanAscend.com today!

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Mind Your Mental Health

The winter holidays are supposed to be joyous, but they can also be hectic, stressful and sometimes disappointing. But there are techniques you can adopt to handle the holiday crunch better.

- Take this confidential quiz to find out if you might be at risk for holiday stress this season.
- Check out these nine tips for reducing your stress both before and during the holidays.
- It's not just adults who can struggle to keep up with the holiday follies. Kids get stressed and anxious too. Review this tip sheet if you want to be able to recognize signs of stress in children, set a calm and balanced example for them and support their healthy diet and exercise habits during the holidays.

Working on Wellness

Emotional or stress eating is an unhealthy way to suppress our negative emotions such as fear, anger and sadness. To avoid emotional eating during holiday events:

- Bust stress and avoid eating by going for brisk walks, doing some indoor exercises at home, or hitting the gym.
- While you don't want to deny yourself yummy holiday desserts, fill most of your plate with healthier foods.

Daily Diligence

Make better eating decisions! Habits such as rushing though meals, leaning on junk food or snacking late at night don't support optimal health.

- Don't rapidly devour your lunch or dinner while glued to a screen or reading. Get away from technology, slow down, breathe between bites and note when you're full.
- Strive to follow and cook a new healthy recipe at least once per week.

Additional sources: Harvard Health Publishing/Harvard Medical School, Mindful.org, Psychology Today.

Emotional eating is common

38% of adults say they have overeaten or eaten unhealthy foods in the past month because of stress.

49% of these adults report engaging in these behaviors weekly or more often.

27% of adults say they eat to manage stress.

34% of these adults say this behavior is a habit.

Source: American Psychological Association

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