



# MINDFUL EATING

## WHAT IS MINDFULNESS?

Mindfulness is a quality of alert, open awareness. In contrast to a multitasking mind, mindfulness is a state of mind that has the ability to pay attention in a particular way, on purpose, in the present moment.

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How often do we go to the market and end up purchasing groceries we did not intend to purchase? Plan to eat healthfully but find that we did not? Look in our refrigerator for a snack to meet an emotional need? Completely miss the taste and nourishment of a special meal because distracting thoughts carried us away from the moment? These all-too-common experiences happen to us when we feel distanced from our bodies, our thoughts, and our emotions.

This **free** (and just-in-time for the holidays) session is available to all benefit eligible faculty and staff. It will delve into how a consistent practice of mindfulness can help us close those gaps, and furthermore help us manage the unconscious, reactive habits that build up around food. As a result, we will learn to become more aware of when we are truly hungry, when we are not, and when we are sated. We will learn to better appreciate all aspects of our relationship with food, from purchasing to consuming, and from nourishing ourselves to connecting with others.

Sign up today!

Monday, November 19, 2018, 10:00 to 11:30 AM – Register [here](#)  
Tuesday, December 11, 2018, 10:00 to 11:30 AM – Register [here](#)  
Wednesday, January 16, 2019, 11:00 to 12:30 PM – Register [here](#)

*Learn more and find links to register in the training portal on HARVie:  
<https://hr.harvard.edu/mindfulness>*



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