

MIND • BODY • FOOD

Slow Down One Moment

One brief check-in during eating, not a rule

Mindful eating is sometimes presented as eating an entire meal slowly and without distraction. That can feel unrealistic, uncomfortable or inaccessible. This exercise asks for only one brief pause, allowing you to notice your experience without turning the meal into a performance.

Space to Breathe Therapy

Understanding the idea

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Why this may help

- A short pause can make body sensations easier to notice without demanding constant attention.
- Hunger, comfort, enjoyment and satisfaction may change during a meal.
- Checking in creates information; it does not require a particular response.

Keep the experiment gentle

Use this as an invitation to notice what supports you. There is no correct outcome, and you can stop, simplify or adapt the exercise whenever it increases pressure or makes eating less possible.

Try this in your own way

A practical approach

- 1 Choose one natural point during a meal or snack.
- 2 Put down the food or cutlery for a few seconds if that feels comfortable.
- 3 Notice hunger, stomach sensations, enjoyment, comfort and whether you want more.
- 4 Continue eating in the way that works for you.

Pause and notice

What felt easier? What felt difficult? Did the change affect energy, comfort, hunger, satisfaction or stress? Treat every answer as information rather than evidence of success or failure.

Your reflection worksheet

What I was eating

The moment I paused

How hungry I felt

How my stomach or body felt

Whether I was enjoying it

What I wanted next

A supportive reminder

This is a check-in, not a rule. Distraction, movement or familiar routines may help some people eat, and you do not need to remove supports that make nourishment possible.