

Achieving a Healthy Weight, The Mindful Way

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Parlons-en. **paesf**

For many people, the first step toward positive change begins with choosing nourishing foods. Maybe that means reaching for water instead of pop or adding more vegetables to your meals. But focusing only on what you eat is just one piece of the picture.

Mindfulness—the practice of bringing your awareness to the present moment—helps you become more aware of your motivations, your actions, and your patterns. When applied to eating, mindfulness means tuning into how, why, what, when, and how much you eat.

This increased awareness builds insight into your relationship with food and empowers you to make meaningful, lasting changes to your habits, and transform your well-being, inside and out.



5 Tips to transform your health the mindful way

1. Create a supportive food environment

Stock your kitchen with nourishing foods, including ingredients for recipes you're excited to try, along with simple staples for quick, balanced meals and wholesome snacks. If take-out is a regular habit, explore healthier alternatives ahead of time so you're prepared when life gets busy.

2. Take time to eat

Slow down the eating process. Take smaller bites and chew thoroughly so you can fully experience the aromas, textures, and flavours of your food. This also helps you recognize when you've had enough. Ask yourself—do I truly enjoy this? Mindfully appreciating your meals enhances both satisfaction and balance.

3. Explore emotional eating with compassion

Enjoying food is one of life's pleasures—but using it to cope with stress, sadness, or fatigue is incredibly common and often automatic. When cravings arise, pause and ask what you really need. A brisk walk, a few deep breaths, or a change of scenery can help reset both body and mind.



4. Listen to your body's signals

Mindful eating means responding to physical hunger and stopping when you feel comfortably satisfied. It's about trusting your body's cues to guide eating decisions. Remember, it can take about 20 minutes for fullness signals to register—another great reason to eat slowly.

5. Practice mindful snacking

Do you find yourself nibbling while watching TV or cooking? Pause and ask: "Am I actually hungry, or just bored?" If it's not hunger, shift your attention to something nourishing in another way—reading, stretching, taking a bath, or calling a friend.

If you'd like to improve your eating habits and create sustainable, feel-good changes without strict dieting, join The 30-Day Healthy Weight Challenge, where you'll be supported by a Registered Dietitian every step of the way. Throughout the 30 days, an FSEAP Registered Dietitian will help you set goals, stay motivated to take charge of your health, and shift your approach to food to transform your health, inside and out.

