Your Mind at Work
New Ways to Approach Those Nigging Challenges in the Office

Distracted & scattered
PRACTICE
Learn a practice where you follow a simple object (like your breath). The repeated returning to a focal point trains your attention.

BENEFIT
Focus. Your attention wavers less and you’re not as easily pulled away by external distractions or internal chatter.

Annoyed by difficult colleagues, office politics, gossip
PRACTICE
Let others talk about themselves. Listen and consider what might cause them pain.

BENEFIT
Not as judgmental. You take more time to explore what might be causing other people pain and problems instead of assuming the worst.

Physically worn down by too much tension, rushing through meals, staring at screens
PRACTICE
Take a few minutes and let your attention scan your whole body from toe to head. Go breathe fresh air.

BENEFIT
Body awareness. You more often notice how you actually feel in your body and when it needs care.

Stuck: solution to a problem keeps evading you
PRACTICE
Sit quietly doing nothing for five minutes. Then as you contemplate the problem, imagine you’re seeing it for the first time.

BENEFIT
Fresh eyes. Increased ability to let go of assumptions, expectations, and storylines and see things anew.

Frustrated with lack of progress in yourself or others
PRACTICE
Listen fully to a longer piece of music without doing anything else at all. This helps you appreciate rhythm rather than trying to force things.

BENEFIT
Patience. You let things develop in their own time rather than always trying to push them.

By Jeremy Hunter
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Why Mindful Eating?

Why are people turning off their phones, televisions and other plug-in devices and tuning in to the taste of food?

Growing research suggests that distraction while eating prevents a person from enjoying the bite in the mouth. Coined “mindless eating,” this innocent behavior has been linked to overeating, stress and increased anxiety.

How would you know if you are eating in a mindless or distracted way? One quick way is to recall what you ate at your last meal. Can you describe the flavor, the taste, the texture? If you are struggling to remember any of the specifics about your choice, you are not alone.

Mindful eating helps individuals learn how to check in with their direct experience when eating. Reconnecting to your direct sensory experience can become the start of a food and eating awakening. People often discover that the flavor of common foods can be transformed by bringing a mindfulness practice to the meal.

How does mindful eating change a meal? Pausing and becoming curious focuses the mind. Questions stimulate the mind and create a focus on the bite in the mouth. Mindful eating cultivates becoming grounded in the present moment’s awareness of eating.

Many people who try eating more mindfully discover that mindfulness may be just the perfect seasoning for any meal.

MINDFUL EATING...
- Is empowering.
- Nourishes not only the body but also the heart.
- Becomes easier and more enjoyable with practice.
- Brings awareness of your interrelationship with other people and beings.
- Helps you choose to contribute to the well-being of the Earth.
- Is fun.
- Promotes understanding of your true needs.
- Helps you become aware of your thoughts, feelings and physical sensations related to eating.
- Helps you reconnect to your innate inner wisdom about hunger and satiety.
- Helps you shift the locus of control from external authorities to your body’s inner wisdom.
- Empowers you to make healthier choices, unlike dieting, which can lead to feelings of deprivation.
- Helps you bring acceptance and balance to your life.
- Offers the possibility of freeing yourself from habitual reactive patterns.

The Principles of Mindfulness:
- Mindfulness is deliberately paying attention, non-judgmentally, in the present moment.
- Mindfulness encompasses both internal processes and external environments.
- Mindfulness is being aware of your thoughts, emotions and physical sensations in the present moment.
- With practice, mindfulness cultivates the possibility of freeing yourself of reactive, habitual patterns of thinking, feeling and acting.

Mindful Eating Is:
- Allowing yourself to become aware of the positive and nurturing opportunities that are available through food selection and preparation by respecting your inner wisdom.
- Using all your senses in choosing to eat food that is both satisfying to you and nourishing to your body.
- Acknowledging responses to food (likes, dislikes or neutral) without judgment.
- Becoming aware of physical hunger and satiety cues to guide your decisions to begin and end eating.

Someone Who Eats Mindfully:
- Acknowledges that there is no right or wrong way to eat but varying degrees of awareness surrounding the experience of food.
- Accepts that his or her eating experiences are unique.
- Is an individual who by choice directs his or her attention to eating on a moment-by-moment basis.
- Gains awareness of how he or she can make choices that support health and well-being.
- Becomes aware of the interconnection of Earth, living beings, and cultural practices and the impact of his or her food choices on those systems.
- Practices mindfulness to promote balance, choice, wisdom and acceptance of what is.
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Why Mindful Eating?

Explore all the ways food can be enjoyed!

Learn how eating mindfully can improve your health and well-being.

About The Center for Mindful Eating

Our relationship to food is a central one that reflects our attitudes toward our environment and ourselves. As a practice, mindful eating can bring us awareness of our own actions, thoughts, feelings and motivations, and insight into the roots of health and contentment.

The purpose of The Center for Mindful Eating is to help professionals, institutions and the general public implement the principles and practices of mindful eating.

Our Vision

To be an effective, accessible vehicle for training professionals in the principles and practices of mindful eating and to foster wisdom, mindfulness and ethical action in education, policy, research and healthcare, pertaining to food and eating.

Our Mission

The mission of The Center for Mindful Eating is to help people achieve a balanced, respectful, healthy and joyful relationship with food and eating. By providing easily accessible information and opportunities to interact via the web and in other ways, we seek to train and encourage professionals who can then foster this capacity in others.
Tucker Center, Dartmouth College, 603-646-3780
Seven Tucker Center for Social and Ethical Life
Campus or just to learn more, contact Lisa Pappadysz at the William
For more information on the various student or staff/faculty groups on

words as you need to and then move on to the next pairing.
the first word. Spend as many breaths on each part of

Then, as you breathe in, repeat the first word of
repeat the second sentence. Then, as you breathe in, repeat the first word of

As you breathe in, repeat the first sentence of the pair; as you breathe out,

words for just as long as you like. (Mitch Nath Hans)
now occurring. You can stay with each part of phrases/

present moment, to connect us with the miracle of the
mess and at the same time to help us back to the
stage is designed to bring body and mind back into one.

This exercise can be practiced anywhere... The first

Basic instructions for this meditation:
Inspiring a deep sense of meaning and purpose through spiritual, ethical and moral exploration and engagement.