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Benefits of a Mindfulness Practice:

- Reduce stress
- Reducing chronic physical pain
- Boosting the body's immune system to fight disease
- Coping with painful life events, such as death of a loved one or major illness
- Dealing with negative emotions like anger, fear and greed
- Increasing self-awareness to detect harmful reactive patterns of thought, feelings and action
- Improving attention or concentration
- Enhancing positive emotions, including happiness and compassion
- Increasing interpersonal skills and relationships
- Reducing the addictive behaviors such as eating disorders, alcoholism and smoking
- Enhancing performance, whether in work, sports or academics
- Stimulating and releasing creativity
- Changing positively the actual structure of our brain

Fully Present: The Art, Science, Art and Practice of Mindfulness

Susan L Smalley, PhD

Diana Winston

Benefits of a Mindful Eating Practice:

- eat slower, take smaller bites and chew thoroughly
- be less distracted while eating
- enjoy food more
- feel more satisfied while eating less food
- learn how to diminish overeating
- lessen grazing, late night eating and binge eating
- consume less processed and high calorie foods
- minimize emotional eating to cope with feelings and stress
- diminish the risk of dumping syndrome
- diminish one's preoccupation and rumination with food
- develop more self-confidence in being able to manage eating related struggles
- feel less deprived and less guilty when eating
- have more self-compassion while coping with eating struggles
- disengage from the thoughts, behaviors and conditioning which perpetuates problematic eating
- learn how to adjust to dietary changes to address health concerns such as diabetes, cardiac conditions etc.

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