

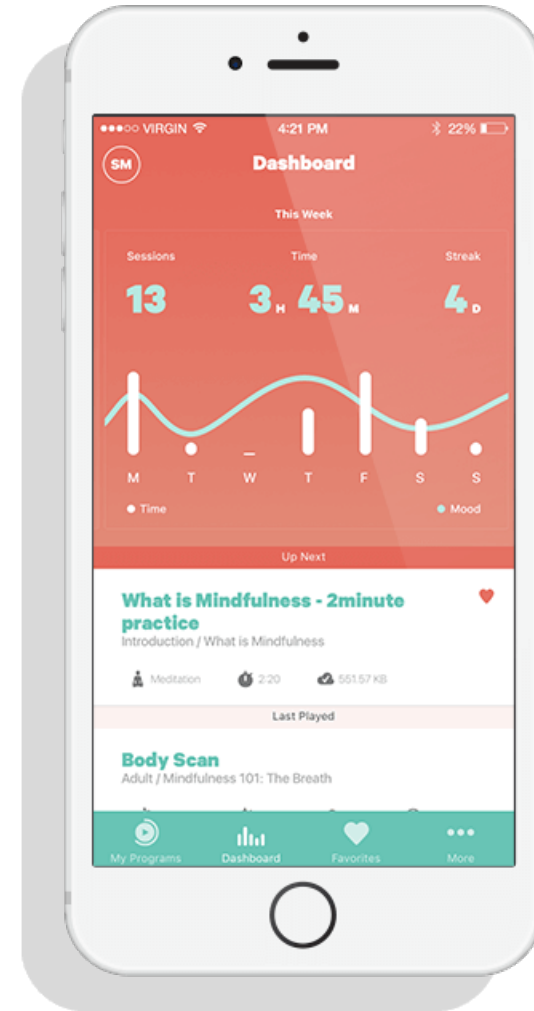
Mindful Eating

Positive Schools - 2017 Conference



Smiling Mind is modern meditation

- **1.8+ million app downloads**
- **23,000 education program users**
- **4 core programs**
 - **Community**
 - **Education**
 - **Corporate**
 - **Sport**



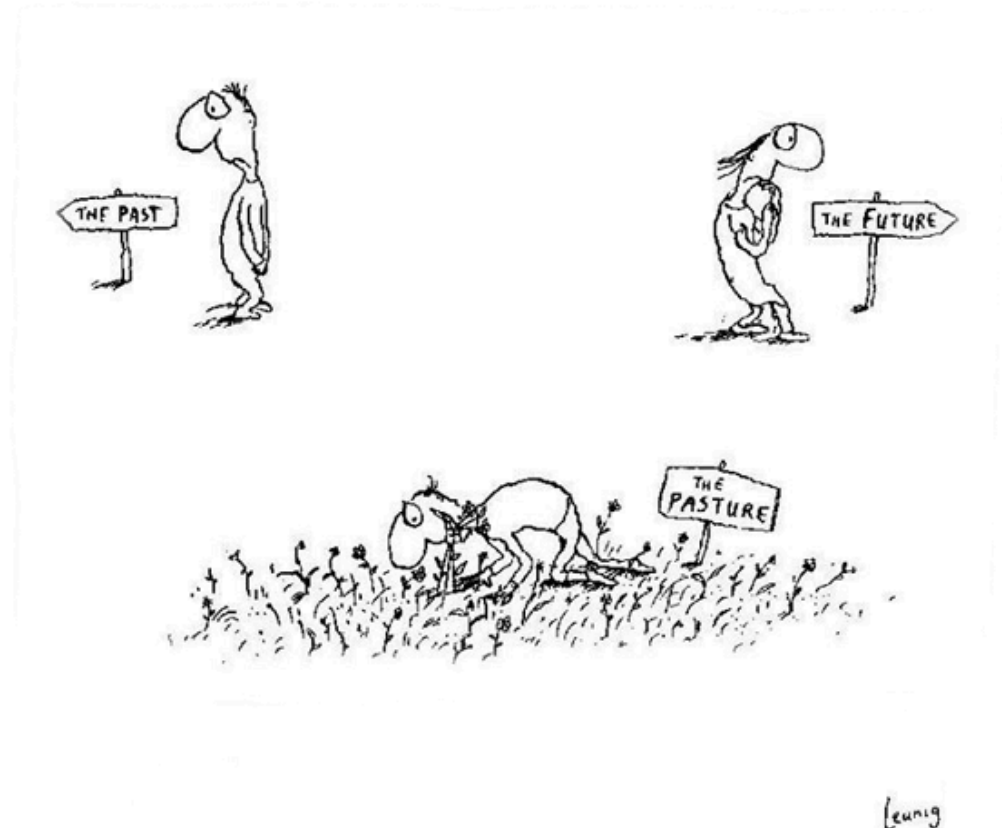


What is mindfulness?

Mindfulness is

Mindfulness is paying attention to the present moment deliberately and in a particular way.

That's with openness, curiosity and without judgment.



Why Mindful Eating?

Practice



7 types of hunger

1. Eye hunger
2. Nose Hunger
3. Mouth Hunger
4. Mind Hunger
5. Heart Hunger
6. **Stomach Hunger**
7. **Cellular Hunger**

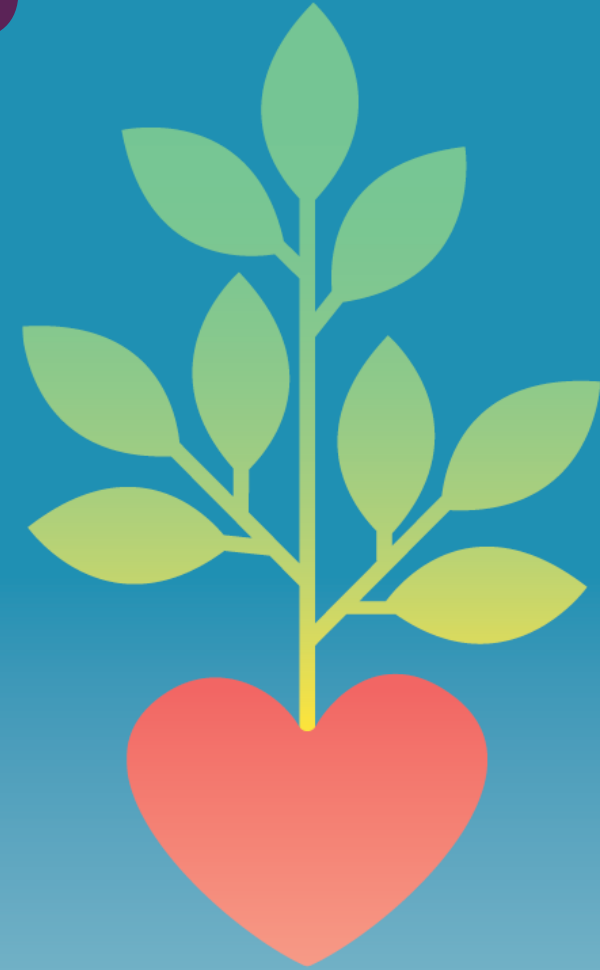


Things you can ask yourself

- Am I hungry?
- Where do I feel hunger?
- What part of me is hungry?
- What do I really crave in this moment?
- Where am I tasting this right now?
- Where did my food come from?

Mindfulness Eating in Daily Life

- **Informal and formal practice:**
Guided meditations (using Smiling Mind app) vs sipping your coffee mindfully or taking one mindful bite
- **Mindful Meals:**
Memory, focus, innovation, creativity
- **Food awareness Journal :**
Self-respect, teamwork, leadership



“Mindfulness is a habit, it’s something the more one does, the more likely one is to be in that mode with less and less effort... it’s a skill that can be learned. It’s accessing something we already have. Mindfulness isn’t difficult. What’s difficult is to remember to be mindful.”

John Teasdale

Thank you

With your help we can change the lives of young people across Australia and the world.

**Building Stronger,
Smiling, Minds.**

For more information about Smiling Mind Education Programs please contact

Education@smilingmind.com.au

