

SURVIVEWELLNESS

Mindful Eating Workbook

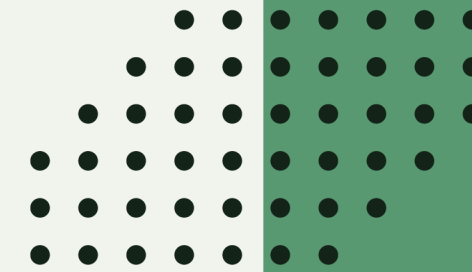
A 5-Day Reset Guide

PRESENTED TO

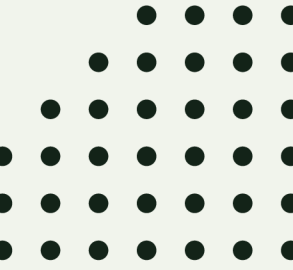
Mindful Eating
Exploration

PRESENTED BY

Surviveewellness Team



Objectives



Enhance food awareness and emotional clarity through mindful practices.

5

Days of reset

Duration of the mindful eating journey

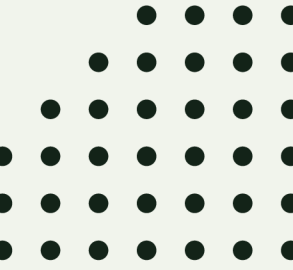
80%

Improvement in awareness

Percentage of participants reporting increased awareness



Reflective Space



Take a moment to journal your thoughts before eating.

5

Days of mindful eating

Focus enhances food awareness significantly

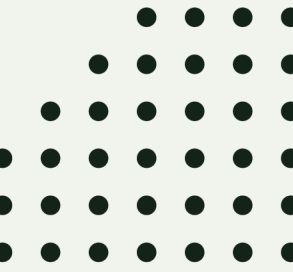
80%

Improvement in emotional clarity

Mindfulness reduces emotional eating triggers



Mood-Food Insights



Explore the connections between your emotions and food choices.

1,200

Food-Related Mood Episodes

Daily occurrences of emotional eating episodes reported.

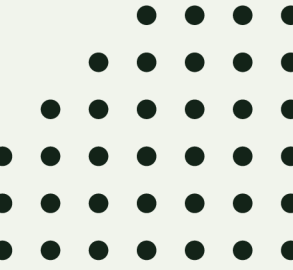
75%

Increased Mindfulness Benefits

Percentage of participants noticing positive changes.



Hunger Awareness



Understanding our hunger levels is essential for mindful eating.

5

Levels of hunger

Identifies varying degrees of hunger

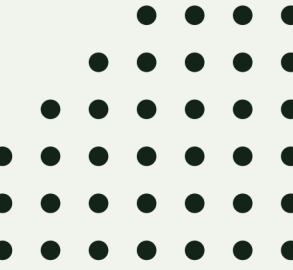
70%

Emotional triggers

Impact on eating decisions and habits



Emotional Awareness



Explore your feelings and **understand your triggers.**

5

Days of emotional triggers

Identifying triggers helps manage cravings.

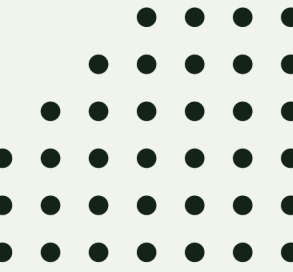
80%

Success rate of awareness

Awareness significantly reduces emotional eating.



What I Learned



Reflect on your journey and **embrace your insights.**

5

Days of Reflection

Total days dedicated to mindful eating.

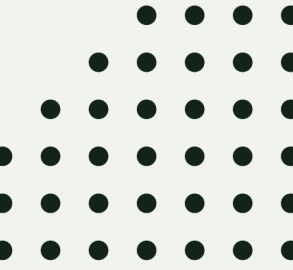
100%

Increased Awareness

Percentage of participants who noted changes.



Notes



Ample space for **additional thoughts** and reflections on your journey.

500

Daily water intake goal

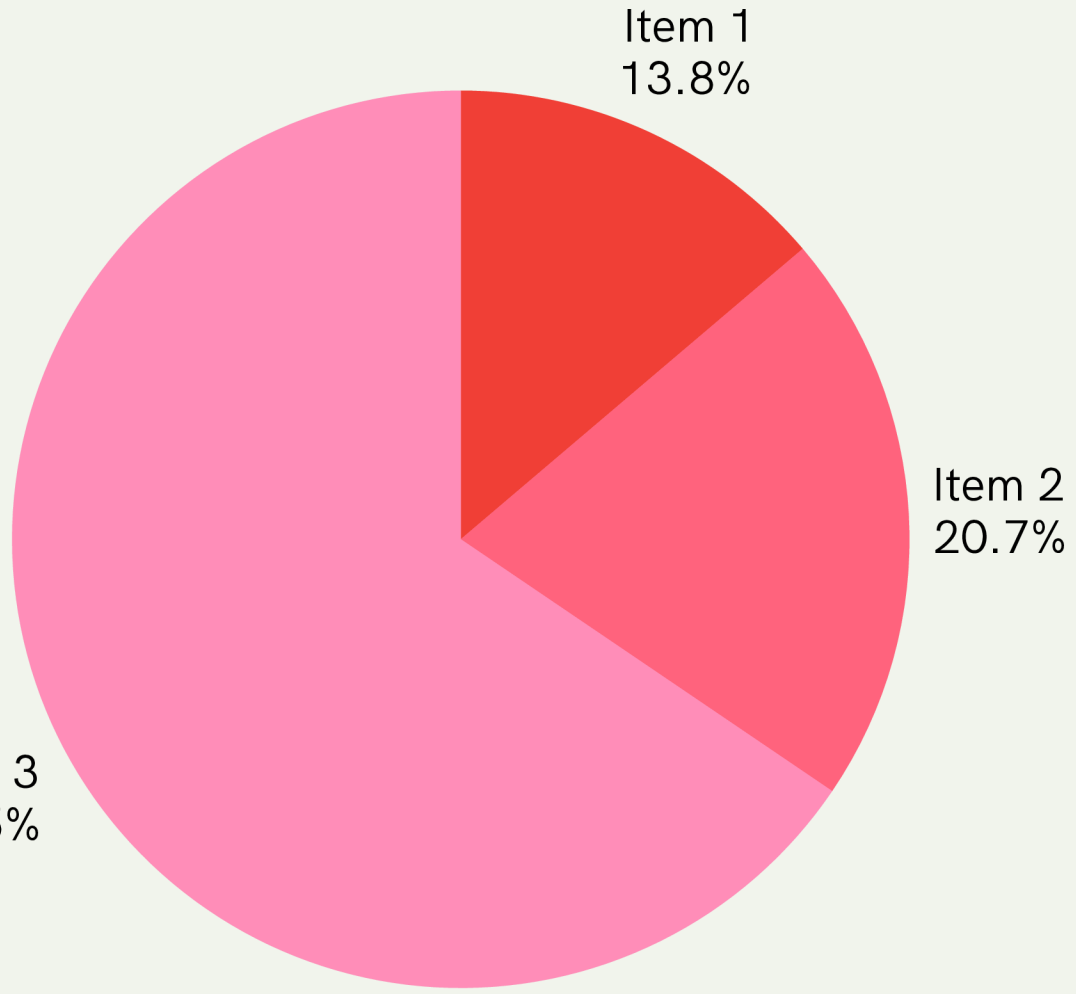
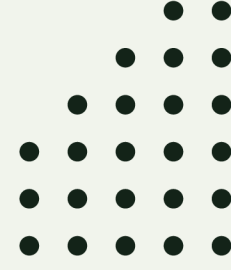
Maintain hydration for optimal health

85%

Mood improvement tracking

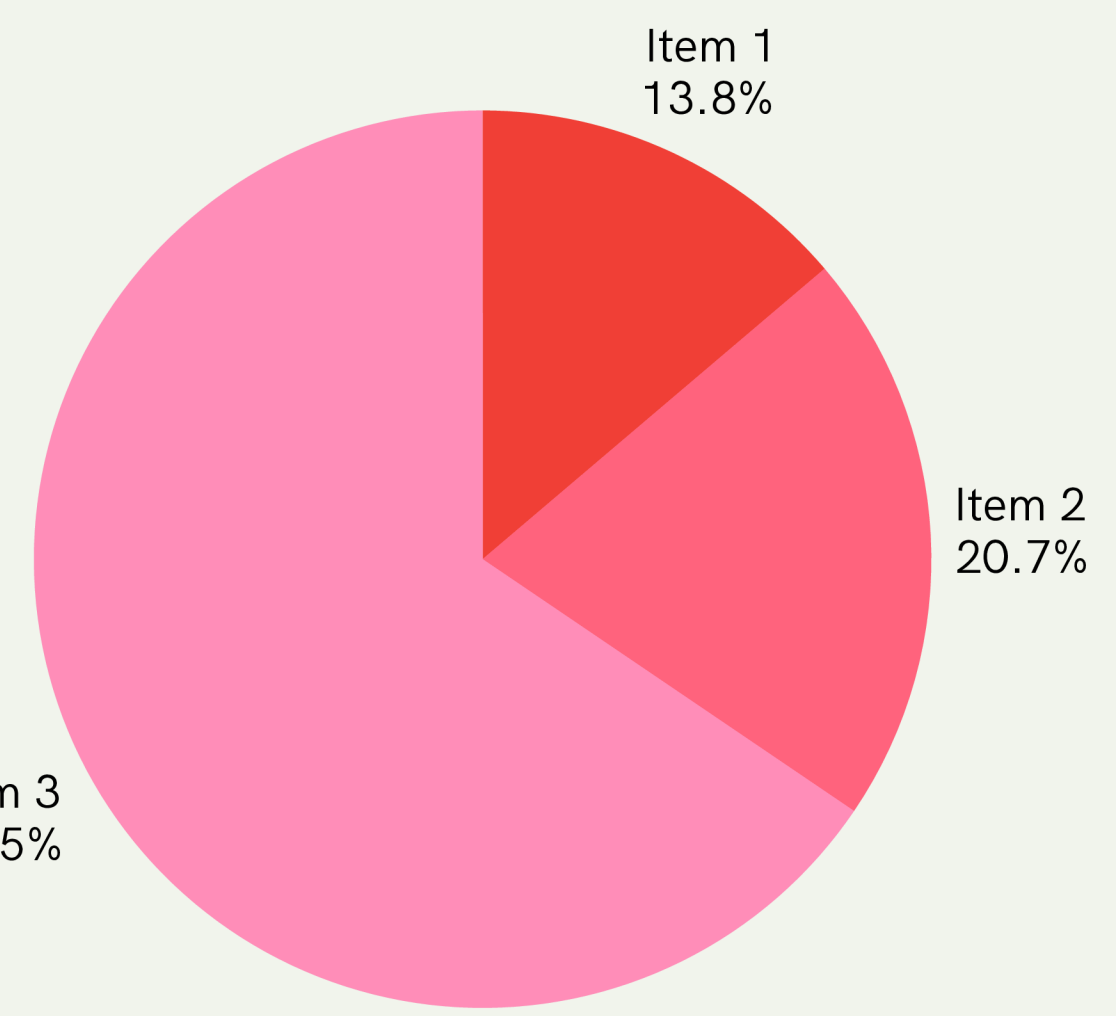
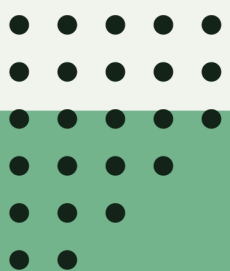
Monitor emotional changes after meals





Understanding Your Eating Habits

Explore the factors influencing your choices.



Gratitude for Your Journey

Reflect on your progress and growth.

