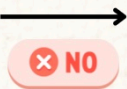


# A Mindful Response...

**A high-risk time is here?  
Check in with yourself:**

I don't know: Use hunger fullness scale

Am I hungry?



↓ **YES**

Great! Time to eat.

What am I hungry for?

- flavour?
- texture?
- colour?
- smell?

Start with a recommended portion, you can always add more!

What am I feeling?



- Tired?
  - Lonely?
  - Sad?
  - Bored?
  - Angry?
  - Stressed?
  - Guilt or pressured?
- See if you can name it without judging



Is there another way that feels good to comfort myself right now?

↓ **YES**

- Mindfulness and self compassion?
- Check my comfort plan for options



Enjoy your food mindfully!

- what do I love about this food?
- no distractions
- enjoy every bite!



Re-evaluate later if needed and/or if recurring