

# Savoring the Eating Experience: The Art of Eating Mindfully Facilitator's Guide

DRAFT

## Program Goal

To increase knowledge about mindful eating and how to incorporate this practice into daily routines.

## Program Objectives

After this program, participants will be able to:

- Distinguish between mindful and mindless eating behaviors
- Explain three steps for incorporating mindful eating into daily routines
- Perform a mindful eating exercise\*
- Summarize the benefits of mindful eating\*

\*Optional objectives, time-permitting

## Lesson Materials

- Publication FCS 5-477 (note: still in Ag Comm publishing process)
- PowerPoint presentation
- Facilitator's guide
- Program evaluation tool
- Mindful eating exercise handout (optional)
- Marketing flyer
- Leader lesson letter

## Preparation

### *In-person*

- Make copies of the "Savoring the Eating Experience: The Art of Eating Mindfully" publication (FCS 5-477), program evaluation tool, and any other handouts.
- Read the section below "Ideas for Additional Activities" and decide if you will implement any during your lesson.
- Gather pens for completion of activities and program evaluation.
- Market the program through various channels.
- Reserve room and any equipment needed to deliver the program.

### *Virtual*

- ❑ Develop plan for online program delivery (i.e., Zoom, Facebook Live, etc.)
- ❑ Market the program and share meeting information with interested and registered individuals.
- ❑ Email the “Savoring the Eating Experience: The Art of Eating Mindfully” publication (FCS 5-477) or print copies and mail materials to participants.
- ❑ Establish whether an online survey is required for the program evaluation or if paper copies will be mailed and returned.

### Facility and Equipment Requirements

#### *In-person*

- Tables and chairs for participants
- Projector and screen for PowerPoint presentation
- Materials for activities

#### *Virtual*

- Computer and virtual lesson platform access
- Webcam
- Internet connection
- Materials for activities

### Audience

Potential audiences include Homemaker groups and clubs, MOPS or other parenting groups, high school classes, senior citizens centers, and faith-based organizations.

### Potential Community Collaborators

Organizations that focus on health and wellness are ideal partners. These partners may have clientele that are interested in learning how to incorporate mindfulness practices for a holistic approach to health. These partners may include health departments, health and wellness coalitions, diabetes educators, and local support groups.

### Introduction and Introductory Activity

Mindfulness is a wellness approach that focuses on an awareness of your thoughts, feelings, bodily sensations, and surrounding environment. This can be incorporated throughout the day in many ways, including eating experiences, but you may not be sure how to practically practice this in your life. This lesson will talk you through the differences between mindless and mindful eating behaviors and different ways to practice mindful eating in your daily routines.

For a roll call or ice breaker, ask participants to share things they do while eating. For example, drive a car, watch tv, scroll through their phone, sharing a meal with friends or family at the table, etc.

Commented [LT1]: @DeWitt, Emily I had not thought about this. Do you think we should create a Qualtrics before released for statewide use?

Commented [DE2R1]: This is a good idea. I can create one. What is the best way for agents to access? Do we include a link here?

Commented [LT3R1]: Maybe a link and a QR code? Same info in different versions can't hurt. Or we could connect with Mindy. I will create a Qualtrics for stress eating.

## Lesson

Share the “Savoring the Eating Experience: The Art of Eating Mindfully” PowerPoint presentation or publication lesson material. Lesson activities include interactive matching activity and think-pair-share. Encourage discussion about the information shared that people attending have heard or previously learned regarding mindfulness. This program can be delivered in 15 to 60 minutes, depending on selected activities and presentation format(see below).

## Conclusion

Answer any questions. Encourage conversation about how participants plan to incorporate mindful eating into their routines. To facilitate discussion, ask each participant to share one thing they found interesting from the lesson. Complete the program evaluation tool or follow up with an electronic version of the evaluation.

## Activities

1. *Matching Activity* – As space and abilities allow, this activity will encourage movement to match examples of mindful and mindless eating behaviors. This can be modified for varying levels of physical ability
  - ☐ Highest activity: Assign the right side of the room for mindful eating behaviors and the left side for mindless eating behaviors; participants walk from side to side based on responses.
  - Moderate activity: Participants stand for mindful eating behaviors and stay sitting for mindless eating behaviors.
  - Limited activity: Participants raise their right hand for mindful eating behaviors and their left hand for mindless eating behaviors.

You will say a statement listed on PowerPoint slide 6 and have people move or signal accordingly. Answers:

- a. Eats slowly: Mindful
  - b. Labels food as good or bad: Mindless
  - c. Distracted, multitasking while eating: Mindless
  - d. Notices flavors, smells, and textures of food: Mindful
  - e. Ignores hunger and fullness cues: Mindless
  - f. Judgment- and guilt-free: Mindful
  - g. Eats quickly: Mindless
  - h. Focused on food with no distractions: Mindful
2. *Think-pair-share Activity* – The goal of this activity is to get people to explain three steps for incorporating mindful eating into their daily routines.

Allow people to take a minute to **think** about three strategies of mindful eating they currently do or plan to incorporate into daily routines. Then prompt them to **pair** up and discuss their strategies with a partner for 1-2 minutes. Finally, bring the group together for 2-5 minutes and invite people to **share**. They can share their or their partners' reactions to the question.

- What ideas did you get from others? What did you have in common with your partner? What were some helpful differences?

### Ideas for Additional Activities

1. *Guided Mindful Eating Activity* – Select a food for everyone to experience (e.g., raisin or a piece of chocolate) or allow them to select something from the food that is available. Instructions for this activity are found in the publication (FCS 5-477). A corresponding handout is available for participants to document their experience.
2. *Group Reflection* – Have participants respond to the prompt “What struck you about the benefits of mindful eating?”

### Marketing

This program includes **a marketing flyer** you can distribute to community partners and a graphic designed to post to social media accounts.

#### *Newsletter/Newspaper*

Have you ever found yourself eating a bag of popcorn while watching a movie only to realize you have eaten all of it before you made it past the previews? This is an example of mindless eating or eating without even realizing it. Many people do this, sometimes overeating or experiencing negative emotions, yet they are not sure how to change their habits to create a more enjoyable eating experience.

The \_\_\_\_\_ County Extension Office will be hosting a workshop titled “Savoring the Eating Experience: The Art of Eating Mindfully” on INSERT DATE, TIME, and LOCATION and ADDITIONAL DETAILS IF OFFERING THE CLASS VIRTUALLY. Join us for this class in which you will learn about how to incorporate mindful eating into your daily routine. This lesson will inform you about the differences between mindless and mindful behaviors and the benefits of mindful eating for overall health and wellness. You will not want to miss this informative lesson that will include seven practical ways you can incorporate mindful eating into your life (ANY ADDITIONAL INFORMATION YOU WANT TO SHARE ABOUT YOUR PROGRAM).

#### *Social Media*

Many of us routinely eat mindlessly without even realizing it, sometimes overeating or having negative emotions around food. Join us at the \_\_\_\_\_ County Extension Office on INSERT DATE and TIME to learn all about how to eat mindfully to enjoy the eating experience. We will learn

**Commented [LT4]:** Will we create this? Or do we want to ask graphics?

**Commented [DE5R4]:** A question we can ask HNB. I noticed this was in the sample facilitator guide but there was not a corresponding resource in the folder.

**Commented [DE6R4]:** Heather said graphic design does. We will have to include in our request to them. She said we can also use something we have created and ask them to have the marketing materials match.

**Commented [LT7R4]:** We can make a final decision tomorrow

about how to incorporate mindful eating into daily routines and remove guilt and judgement from the eating experience. You will not want to miss it! (Attach promotional image)

### **Evaluation**

Distribute the one-page program evaluation tool at the completion of the program. The results will inform the success story below. If you need an electronic version for the evaluation, contact Emily DeWitt at [emily.dewitt@uky.edu](mailto:emily.dewitt@uky.edu).

### **Sample Success Story**

Research shows that mindfulness strategies have positive effects on multiple areas of wellness. Those who practice mindful eating have increased awareness of what they eat and why, have healthier eating habits aligned with MyPlate recommendations, and may see improved diabetes self-management and weight management over time. Implementing mindful eating practices helps individuals remove judgment around eating behaviors and creates a more positive eating experience.

The \_\_\_\_\_ County Extension Office held a workshop in MONTH YEAR to encourage mindful eating practices. The program focused on identifying mindless and mindful eating behaviors and participants learned seven practical steps to increase mindful eating in their lives. Extension developed this program to teach people how to focus on food with no distractions, creating an eating experience with increased awareness that is judgment- and guilt-free. The goal of this program is to increase knowledge about mindful eating and how to incorporate this practice into daily routines.

\_\_\_ people participated in the workshop. [ADD ADDITIONAL INFORMATION ABOUT WORKSHOP HERE – location/partnership/demographics] Of those surveyed following the program, \_\_\_% and \_\_\_% indicated they had a better understanding of types of mindless and mindful eating behaviors, respectively, and \_\_\_% increased their level of understanding for ways to incorporate mindfulness into their daily lives. Additionally, \_\_\_% of participants intend to limit distractions that keep them from eating mindfully and \_\_\_% intend to incorporate one new mindfulness strategy into their daily routine to create a healthier relationship with food.

One participant noted the most important thing from this program they plan to apply to their life is [INSERT HERE].

### **Additional Extension Resources**

#### *Information Releases*

- Mindful eating can help ground us during uncertain times – <https://fcs-hes.ca.uky.edu/content/mindful-eating-can-help-ground-us-during-uncertain-times>

- Dealing with stress and anxiety: Using mindfulness and your 5 senses in 5 minutes – <https://fcs-hes.ca.uky.edu/content/dealing-stress-and-anxiety-using-mindfulness-and-your-5-senses-5-minutes>

*Podcast Episode*

- To eat or not to eat: How to know when you are hungry – <https://ukfcsext.podbean.com/e/to-eat-or-not-to-eat-how-to-know-when-you-are-hungry/>