

7 Quick Fixes for Mindless Munching



This guide provides actionable tips to prevent mindless snacking, including mindfulness exercises and healthier snack alternatives.

Start with Compassion

Instead of beating yourself up for mindless eating, recognize it as a common and challenging pattern. Approach it with self-compassion and aim to increase your awareness gradually.



Pace Your Targets

Focus on one specific instance or time when mindless eating occurs, such as after dinner or during work breaks. This targeted approach prevents overwhelm and makes the changes more sustainable.



Identify Contributing Factors

- **Environmental Cues:** Understand how your environment influences your eating habits.
- **Physical Factors:** Ensure you are eating enough at meals, sleeping well, staying hydrated, balancing macros, and reducing sugar or refined foods.
- **Emotional Triggers:** Recognize emotional triggers or habits that lead to mindless snacking.



Implement Small Changes

Aim to be just a little more mindful in your targeted situation. For example, portion out snacks instead of eating directly from the package, or make a rule to only eat while sitting at the table without distractions.



Make a Plan for Distracted Situations

When you know you'll be in a situation where you might eat mindlessly (like at a social event), decide in advance how you'll handle it. For instance, set limits on what or how much you'll eat.



Practice the Pause

Develop a habit of pausing before eating. Use a routine like washing your hands or taking a few deep breaths to remind yourself to eat mindfully. This can help you stay present and aware of your eating habits.



Create Grounding Rituals

Incorporate rituals that remind you to be mindful. This could be saying grace before meals, using a special plate, or any other action that brings your focus to the present moment and your intention to eat mindfully.



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Daily 7 Mindful Eating Practices

Check off each item daily:

1. Acted with compassion towards myself
2. Focused on my specific paced target (e.g., after dinner, work breaks)
3. Identified contributing factors/triggers for my emotional eating/overeating
4. Implemented a small change (e.g., putting fork down, not looking at phone, portioning snacks, eating at the table)
5. Followed my plan for potential distractions
6. Practiced the pause before eating
7. Performed a grounding ritual

Daily Tasks

Day 1	Day 2	Day 3	Day 4	Day 5
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Day 6	Day 7	Day 8	Day 9	Day 10
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Day 11	Day 12	Day 13	Day 14	Day 15
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Trigger Reflection

- ☐ Physical: Hunger, time of day, exhaustion
- ☐ Emotional: Stress, boredom, happiness
- ☐ Environmental: Location, food availability, temptations
- ☐ Behavioral: Multitasking, avoiding waste, habit

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Daily Tasks				
Day 16 <input type="checkbox"/> Practice #1 <input type="checkbox"/> Practice #2 <input type="checkbox"/> Practice #3 <input type="checkbox"/> Practice #4 <input type="checkbox"/> Practice #5 <input type="checkbox"/> Practice #6 <input type="checkbox"/> Practice #7	Day 17 <input type="checkbox"/> Practice #1 <input type="checkbox"/> Practice #2 <input type="checkbox"/> Practice #3 <input type="checkbox"/> Practice #4 <input type="checkbox"/> Practice #5 <input type="checkbox"/> Practice #6 <input type="checkbox"/> Practice #7	Day 18 <input type="checkbox"/> Practice #1 <input type="checkbox"/> Practice #2 <input type="checkbox"/> Practice #3 <input type="checkbox"/> Practice #4 <input type="checkbox"/> Practice #5 <input type="checkbox"/> Practice #6 <input type="checkbox"/> Practice #7	Day 19 <input type="checkbox"/> Practice #1 <input type="checkbox"/> Practice #2 <input type="checkbox"/> Practice #3 <input type="checkbox"/> Practice #4 <input type="checkbox"/> Practice #5 <input type="checkbox"/> Practice #6 <input type="checkbox"/> Practice #7	Day 20 <input type="checkbox"/> Practice #1 <input type="checkbox"/> Practice #2 <input type="checkbox"/> Practice #3 <input type="checkbox"/> Practice #4 <input type="checkbox"/> Practice #5 <input type="checkbox"/> Practice #6 <input type="checkbox"/> Practice #7
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Day 26 <input type="checkbox"/> Practice #1 <input type="checkbox"/> Practice #2 <input type="checkbox"/> Practice #3 <input type="checkbox"/> Practice #4 <input type="checkbox"/> Practice #5 <input type="checkbox"/> Practice #6 <input type="checkbox"/> Practice #7	Day 27 <input type="checkbox"/> Practice #1 <input type="checkbox"/> Practice #2 <input type="checkbox"/> Practice #3 <input type="checkbox"/> Practice #4 <input type="checkbox"/> Practice #5 <input type="checkbox"/> Practice #6 <input type="checkbox"/> Practice #7	Day 28 <input type="checkbox"/> Practice #1 <input type="checkbox"/> Practice #2 <input type="checkbox"/> Practice #3 <input type="checkbox"/> Practice #4 <input type="checkbox"/> Practice #5 <input type="checkbox"/> Practice #6 <input type="checkbox"/> Practice #7	Day 29 <input type="checkbox"/> Practice #1 <input type="checkbox"/> Practice #2 <input type="checkbox"/> Practice #3 <input type="checkbox"/> Practice #4 <input type="checkbox"/> Practice #5 <input type="checkbox"/> Practice #6 <input type="checkbox"/> Practice #7	Day 30 <input type="checkbox"/> Practice #1 <input type="checkbox"/> Practice #2 <input type="checkbox"/> Practice #3 <input type="checkbox"/> Practice #4 <input type="checkbox"/> Practice #5 <input type="checkbox"/> Practice #6 <input type="checkbox"/> Practice #7



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Notes
