



Bio Body

Mindful Eating Guide



www.biobody.co.nz

Your Path to a Steadier Relationship with Food

in just 10 Minutes a Day

Introduction

Welcome to the Bio Body Mindful Eating Guide. This resource is designed to help you develop a more conscious and nurturing relationship with food, supporting your eating habits and wellbeing in a holistic and sustainable way. Let's explore three practical techniques that can support your daily habits and overall sense of ease around food.

1. BREATHE: Support for Calm, Awareness, and the Nervous System

Conscious breathing is one of the most accessible tools for settling the nervous system, building present-moment awareness, and creating a calmer foundation for everyday choices around food and eating. Even a few intentional breaths before a meal can shift your state noticeably.

The Bio Body Breathing Exercise

Follow this simple breathing exercise to support calm and awareness:

1. Place your hand on your belly, below your navel.
2. Visualise a triangle to guide your breath: – Right side: Inhale through your nostrils for a count of FOUR.
– Base: Hold for a count of FOUR (skip if you have high blood pressure). – Left side: Exhale through your mouth for a count of FOUR.

Variations:

- For relaxation: Cover your right nostril, breathe through the left.
- For invigoration: Cover your left nostril, breathe through the right.
- For balance: Alternate nostrils with each breath.

"Deep breaths are like love notes for your body." – Anonymous

2. MINDFUL: Eat with Awareness and Joy

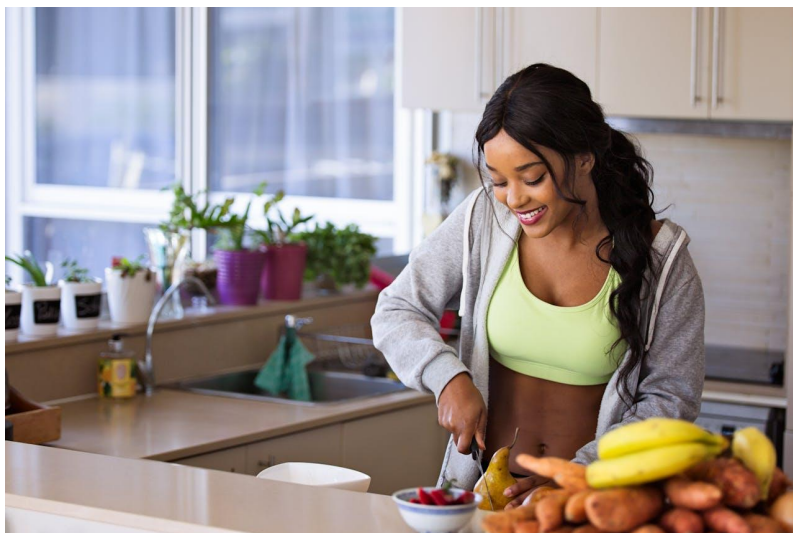
Mindful eating is about developing awareness of your experiences, physical cues, and feelings about food. It's about staying present and honouring your relationship with nourishment.

Key Principles of Mindful Eating:

1. Eat slowly and without distraction.
2. Listen to physical hunger cues and eat only until you're full.
3. Distinguish between true hunger and non-hunger triggers.
4. Engage your senses: notice colours, smells, sounds, textures, and flavours.
5. Learn to cope with guilt and anxiety about food.
6. Eat to maintain overall health and wellbeing.
7. Notice the effects food has on your feelings and physique.
8. Appreciate your food.

By practising mindful eating, you can:

- Distinguish between emotional and physical hunger
- Increase awareness of food-related triggers
- Make conscious choices about your response to food



3. EXPRESS: Harness the Power of Self-Talk

Your inner dialogue dramatically impacts how you live and what you do. By taking charge of that voice, you can better support your daily choices and release any messages holding you back from the relationship with food you want.

Steps to Positive Self-Expression:

1. Acknowledge your inner voice: Recognise the presence of your internal dialogue.
2. Study your self-talk: What messages are you sending yourself? Are they positive or negative?
3. Study your mood: Notice how your inner conversations impact your mood, mindset, and actions.
4. Visualise your intentions: Focus on the feeling of ease and consistency that comes from supportive daily habits.
5. Talk to yourself out loud: Drown out negative inner voices by speaking positive thoughts and encouragement aloud.

"Most of us are totally oblivious to the fact that our self-talk is creating the circumstances of our lives." – Elle Sommer

Conclusion

By integrating these three techniques – BREATHE, MINDFUL, and EXPRESS – into your daily life, you're taking meaningful steps towards a steadier relationship with food. Remember, this is a journey of self-discovery and growth. Be patient with yourself and celebrate every small step along the way.

Are you ready to build a steadier relationship with food? Start using these practices today and notice how your habits, awareness, and ease around eating begin to shift.

Appendix: Implementation Resources

1. BREATHE: Daily Breathing Exercise Tracker

Use this tracker to build your daily breathing practice. Aim to complete the Bio Body Breathing Exercise at least once daily for 30 days to help establish awareness.

BREATHE: Daily Breathing Exercise Tracker

Date	AM	MIDD AY	PM	Notes	Date	AM	MIDD AY	PM
Day 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Day 16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Day 17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Day 18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Day 19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Day 20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Day 21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Day 22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Day 23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Day 24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Day 25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Day 26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Day 27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Day 28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Day 29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Day 30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. MINDFUL: Mindful Eating Guided Meditation

Use this short guided awareness exercise before meals to cultivate mindful eating habits. Read it slowly to yourself or record it as an audio file to listen to before eating.

1. Sit comfortably and take a few deep breaths.
2. Look at your food. Notice its colours, shapes, and textures.
3. Inhale deeply. What aromas do you detect?
4. Pick up your utensil or food. Feel its weight and texture.
5. Take a small bite. Chew slowly, noticing flavours and textures.
6. Swallow mindfully. Feel the food travel down your throat.
7. Pause and breathe. Notice any sensations or emotions.
8. Express gratitude for your food and those who prepared it.
9. Continue eating slowly and mindfully, pausing between bites.
10. Check in with your body regularly. Stop when you feel satisfied, not overly full.

Practise this meditation for at least one meal per day to develop mindful eating habits.

3. EXPRESS: Positive Self-Talk Checklist

Use this checklist to transform negative self-talk into positive, supportive expressions. When you catch yourself thinking negatively about your body or eating habits, use these prompts to reframe your thoughts. (If you find you are regularly using a Positive Reframe, set it up as an affirmation that you can keep on a flash card and practise repeating to yourself often until you feel the self-talk has shifted permanently to the positive.)

Negative Thought	Positive Reframe	Check when used
"I have no willpower."	"I'm learning to make choices that support my health."	<input type="checkbox"/>
"I'll never reach my goal weight."	"I'm learning to make choices that support my wellbeing."	<input type="checkbox"/>
"I always overeat."	"I'm developing awareness of my hunger and fullness cues."	<input type="checkbox"/>
"I hate how my body looks."	"I appreciate my body for all it does for me."	<input type="checkbox"/>
"Healthy food is boring."	"I'm discovering delicious, nourishing foods I enjoy."	<input type="checkbox"/>
"I'm too lazy to exercise."	"I'm finding enjoyable ways to move my body."	<input type="checkbox"/>
"I've failed at every diet."	"I'm creating sustainable, healthy habits for life."	<input type="checkbox"/>
"I can't resist junk food."	"I choose foods that make me feel good long-term."	<input type="checkbox"/>
"My metabolism is slow."	"My body responds to supportive habits over time."	<input type="checkbox"/>
"I'll always struggle with my weight."	"I'm learning new ways to respond to food, stress, and routine."	<input type="checkbox"/>



Add your own negative thoughts and positive reframes to personalise this checklist. Practice using positive self-talk daily to reinforce supportive thought patterns.

Negative Thought	Positive Reframe	Check when used
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>