

## Teach sheet **Connected Eating**



The Well Now way teaches connected eating. This encourages people to link their body awareness, know-how, and circumstances. It involves being kind to yourself and :

- **Paying attention to how you feel and your body signals (and what influences them)**
- **Identifying emotions plus desires, wishes, needs (discernment)**
- **Understanding trauma in the body**
- **Experimenting with eating as self-care, pleasure, 'gentle nutrition', body respect etc.**
- **Finding many ways to look after yourself**
- **Valuing the interlinked psychological, social, spiritual, nutritional etc aspects of food and eating**
- **Becoming aware of disconnected (unconscious) or coping eating - noticing with curiosity and without judgement**

- Becoming aware of food habits or ideas that aren't useful – hmm, where did that come from?
- Being patient and accepting with yourself
- Allowing food, cooking, and eating to meet many needs and to fill many roles
- Recognising and acting on hunger and fullness, emotional expression and other needs
- Aiming for a timely response to thirst, distress (including trauma symptoms), tiredness, the need for company or daylight or a hug, and so on
- Making eating choices that nurture you 'body and soul' whenever you can
- Being kind to yourself when you're not able to make food choices that nurture you
- Tuning in to where you're at, learning how meals will make you feel
- Taking your needs and wellbeing seriously by building in movement, deep connection (mindfulness, ritual, prayer) and other things that support you
- You might like to try activities to strengthen your compassion and appreciation 'muscles' and those that help you become grounded

