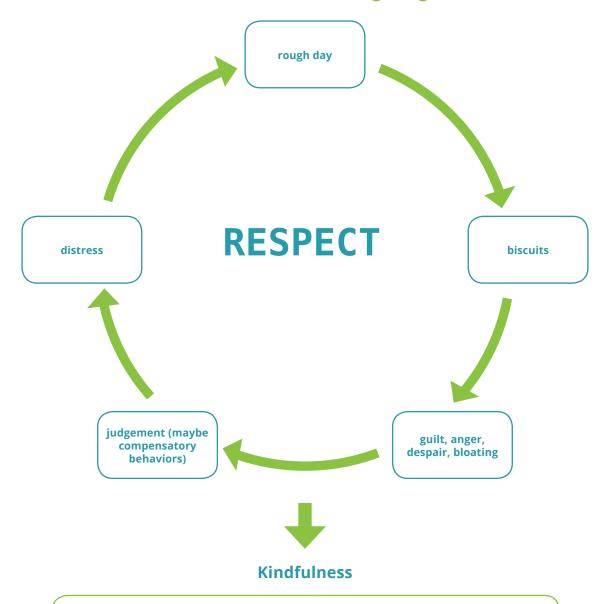


The Well Now Kindful Eating Diagram



- Mindfulness: I notice my feelings, thoughts and actions without judging myself
- Acceptance: I am respectful to myself whatever has gone on
- Compassion: I speak kindly to myself



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