

# Mindful Eating Group



Bringing **non-judgmental awareness** to how food and eating impacts our **thoughts**, our **feelings**, our **mind**, and our **body**.

In general, this group may be helpful for people who can relate to ...

- Engaging in "emotional eating" – eating when bored, sad, angry, excited, happy, and/or stressed.
- Feeling "out of control" when they eat or at the thought of eating.
- Eating for reasons other than physical hunger.
- Having difficulty recognizing signs of physical hunger and fullness/satiety.
- Labeling foods as "good" or "bad."

Anyone interested in participating in this group should contact Daniela Burnworth, Ph.D. at Counseling and Wellness Services at 775-3407. The schedule for Fall Semester 2019 is will be based on availability.