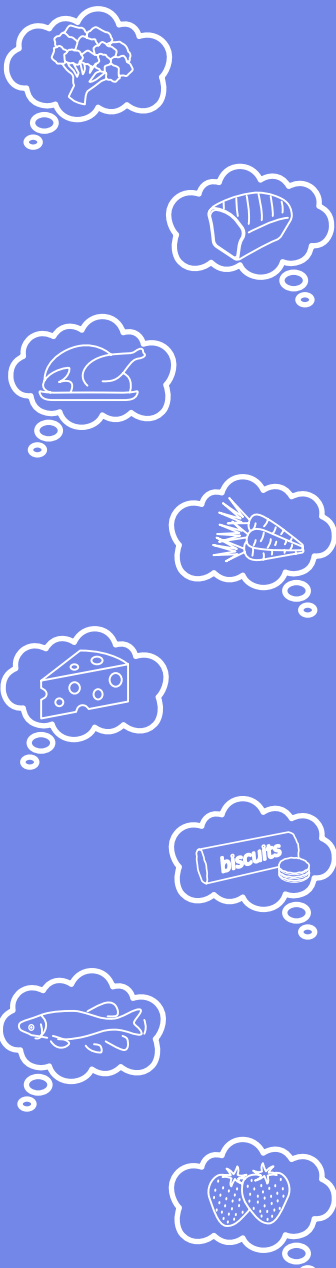


In this month's newsletter:

Mindful eating

Practicing gratitude



The art of eating mindfully

Our eating habits have a huge impact on our overall health and wellbeing, and although the nutrition and diet industry tend to focus on 'what' and 'how much' we eat, it's just as important to be mindful of when we eat, how we eat, why we eat, and how we feel after we've eaten. All of these choices impact how we feel and function.

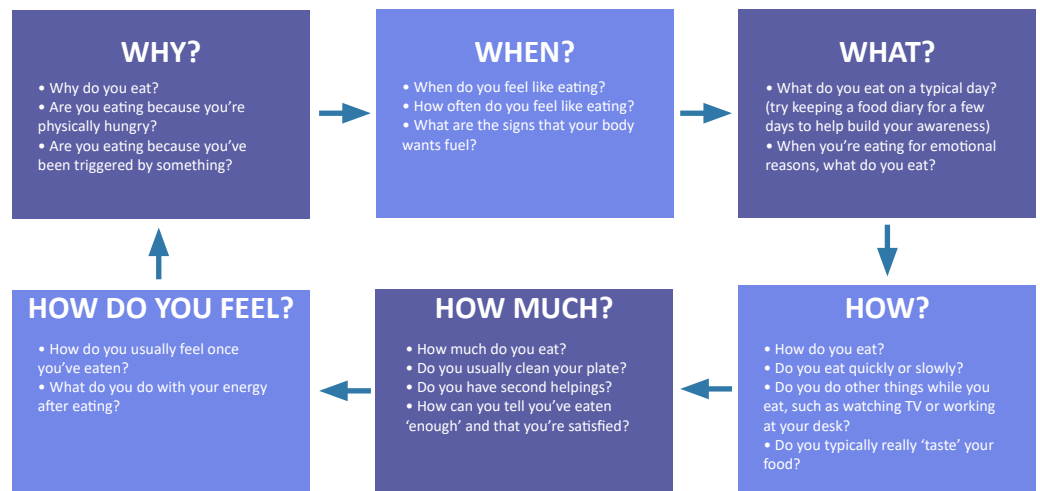
For example, someone might eat because they're stressed, for pleasure, or to simply nourish the body. They may eat out of boredom, due to feelings of loneliness, or when they're sad. If we don't take the time to understand our habits, we are at risk of mindlessly eating, regardless of whether we're actually hungry or not.

Our eating patterns impact us in three main ways:

- **Physically:** they impact our immune system, energy levels, weight, and overall physical health.
- **Mentally and emotionally:** they affect our mood and state of mind.
- **Cognitively:** they impact our brain health and function.

So, to avoid the risk of eating mindlessly, and potentially negatively impacting your health and wellbeing, why not try out mindful eating? Mindful eating is about bringing awareness to your eating habits and associated feelings. When you use your senses to notice things such as appearance, smell, taste, and texture, it brings your focus into the act of eating.

Next time you grab something to eat, develop your own awareness by trying this simple mindful eating exercise based, on the Mindful Eating Cycle, which was developed by Michelle May MD.



If you want to learn more about mindful eating, you can visit [The Association of UK Dietitians](#) and [Harvard](#) for more helpful resources.

How to practice and spread gratitude in the workplace

Practicing gratitude is a powerful mood booster, a healthy and free strategy that will allow you to rise above negative emotions. It will lead you to feel more positive emotions psychologically, and to be more compassionate and giving to the people around you, which will in turn help you to avoid feelings of loneliness and isolation.

In fact, practicing gratitude will not only positively impact your mental health, but your physical health as well. By moving your mind away from those things that are distressing you, your blood pressure is likely to go down and your overall physical wellbeing will improve.

Even if you don't always feel like there's much to be grateful for, there will always be little things such as the feeling of the sun on your back, or the wind running through your hair on a walk.

When we feel down it can be easy to turn to unhealthy coping mechanisms to try and lift our spirits, but these

can often pull us further into a cycle of feeling negative emotions about how we cope. Next time you're feeling down, try replacing those unhealthy strategies with practicing gratitude.

Practicing gratitude is all about focusing on the positive things in life, no matter how big or small. Keeping a journal where you list a few things you're grateful for each day is an excellent way to keep those positive emotions flowing.

From a workplace perspective, it's always nice to get positive feedback from your boss. It's an act of gratitude that makes you feel valued, motivated, and will likely boost your productivity.

So next time you're at work say thank you to your colleagues and acknowledge the contributions of others to create and sustain a broader culture of gratitude in the workplace. We all appreciate working with someone who values what we're doing, and when we practice gratitude, we also spread gratitude, so there is an incredible reciprocal benefit to the practice.

By practicing gratitude every day for a month, you will allow it to become a habit and in turn extinguish those old, less healthy habits. If you'd like to learn more about practicing gratitude in the workplace, check out [this fantastic blog from Psychology Today](#).

