



Mindful Eating Challenge

Week 3

Change it Up

What

This week you will be changing a work related food habit that is not benefiting you. Pick a work related food habit and change it by either eliminating it, or better yet, replacing it with a healthier option. Do you eat at your desk? Make a point to eat somewhere else. Do you run to the vending machine? Plan on bringing a healthy lunch and snacks to work from home. Do you snack too often during a coffee break? Go on a walk instead. Do you have easy access to a candy dish? Get rid of it or switch up your routine to avoid it. Pick something that is meaningful to you and replace it with a better, more mindful option.

How long

Every day during your work week (5 days)

Why

Sometimes, just sometimes, work can be hectic, stressful, and/or occasionally repetitive. When this happens, it is easy to get into a mindless eating habit. But habits can be broken! When you begin to become mindful of what is not working for you, you can then begin to figure out what you need to do to change it. We spend about a 1/3 of our day at work and will likely eat at least one meal and one to two snacks during that time. Make an effort to see what needs changing, then mindfully strive to break the mindless habit!

Resources

- Brown bag lunch ideas from WebMD: <http://www.webmd.com/food-recipes/features/cheap-and-healthy-brown-bag-lunch-ideas-for-grownups>
- Centers for Disease Control and Prevention handout on healthy meeting food options: http://www.cdc.gov/nccdphp/dnpa/pdf/Healthy_Worksite_food.pdf
- Healthy Vending Choices handout from Eat Well Work Well: <http://www.catertohealth.org/HealthyVendingChoices.pdf>