

# Building Resilience – Self-care

*Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times.*

## Mindfully Eating

Mindful eating is the practice of eating with awareness. Mindful eating is good for your well-being because it can help you eat in a healthy, and balanced way.

### Instructions:

For best results, read through the entire challenge checklist before you begin, and then pencil in each item on your ALD planner for the month. Put a check by each action as you complete them.

**Materials you will need:** Pencil and paper or journal or your phone's notepad. If you can, print this sheet and add it to your ALD Action Planner, and snack.

**Goal:** Your goal is to begin practicing mindful and mood food eating at least once a day for 30 days.

**Start date** \_\_\_\_\_

**Completion date** \_\_\_\_\_

- |  |   |
|--|---|
| <input type="checkbox"/> <b>1. Understanding Mindful Eating</b>  | <b>Action:</b> Watch <u>Self-care: What It Really Is</u> by Susannah Winters.   |
| <input type="checkbox"/> <b>2. How To Eat Mindfully</b>          | <b>Action:</b> <u>Learn about the 5-S Mindful Eating Plan</u> from ACE.   |
| <input type="checkbox"/> <b>3. Deciding what to eat</b>          | <b>Action:</b> <u>View this video about what to eat.</u> Be sure to stay tuned until the end.   |
| <input type="checkbox"/> <b>4. Develop A Mindful Eating Menu</b> | <b>Action:</b> Checkout this <u>7-Day Mood Food Menu</u> . Scroll down to see it. You can add salmon, chicken, or turkey to many of these dishes in place of the tofu.                                  |
| <input type="checkbox"/> <b>5. Practice Eating Mindfully</b>     | <b>Action:</b> Grab a healthy snack and try this guided <u>Mindful Eating</u> practice.   |
| <input type="checkbox"/> <b>6. Reflect on Lessons Learned</b>    | <b>Action:</b> In your ALD journal, answer these questions: <ul style="list-style-type: none"> <li>• How does mindful eating impact my wellness?</li> <li>• When I eat mindfully, I feel...?</li> </ul> |

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### Mood Food Menu Worksheet

**Instructions:** After taking steps 1 thru 3, print 4 copies of this sheet and use it to develop your mindful, mood food meal plan. Decide what to eat each week.

Week \_\_\_\_\_

	Breakfast	Lunch	Dinner	Snacks
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				