Tip 3: Less is More

The holiday season can oftentimes be filled with “overs”- overeating, over-baking, over-drinking, overbuying, and over-committing. Sometimes, we may feel lost or out of control in the overabundance of the season. Take a step back and be present in each moment.

When it comes to food, here are a few tips to practice mindful eating:

- **Eat slowly and focus on the food.** What flavors stand out to you?
- **Enjoy the quality, not the quantity.** When more food is put in front of us, we are tempted to consume more. Be mindful of portions and try using a smaller plate. Slow down and savor each bite.
- **Eliminate distractions.** Turn off the TV, phones, or computers while eating.

For more tips on mindful eating, check out these blogs on mindful eating.

Have one mindful meal today. Take the time to focus on your food without distractions. Pay attention to how it feels to eat mindfully. If you need some meal inspiration, try out a snack meal.