Theme: Health Education
Goal: Teach residents about the causes and effects of “mindless eating” and help them identify their own eating patterns.
Group Size: Unlimited
Time: Depending on the discussion, anywhere from 30 min. to 1 hour
Materials: • Enough copies of the quiz and “take-home tips” for participants
• Writing utensils
• Healthy snack to munch on during the program
Setting: Room with space to write and talk comfortably

Activity Set-up:

1. Give out the quiz on Mindless Eating.
   a. This is not a way for individuals to characterize themselves as any “certain type,” but instead to recognize their eating patterns as mindless in general or not.
2. Go through the 4 types of Eating Patterns of Mindless eating (be sure to say that all types may intersect and overlap)
   a. Possibly hand the paper around for each person to read a little bit about each type of Mindless eater
3. Topics to discuss afterwards:
   a. What Mindfulness is
   b. The 4 foundations of mindfulness
      i. Mind
      ii. Body
      iii. Feelings
      iv. Thoughts
   c. Mindfulness in relation to eating habits
   d. Why mindfulness would be useful- info in parentheses is helpful
   e. The challenges of developing mindful eating habits
   f. Contrast Mindful eating versus Mindless Eating
      i. Can also pass this around for reading as a group
      ii. Take suggestions, narrowing in on some key phrases such as “living to eat” versus “eating to live”
   g. Ways to go about eating more mindfully. Some example situations include restaurants, exam times, emotional stress times, before bathing suit season?
   h. How we should avoid taking Mindful eating to an extreme or using it as another form of dieting!!!
4. Talk about Counseling Center options, numbers support groups
5. Give out Tip sheets, suggest people fill in the personal goals section as well!