

5-5-5-5-5 Mindful Eating Exercise

Client Information

Date:

Name:

Instructions: Choose one of these activities and do it for 5 minutes or until you don't feel the urge to eat emotionally anymore.

5 People you can contact and connect with, especially when you feel upset:

1.	
2.	
3.	
4.	
5.	

5 Things that can soothe or relax your senses:

1.	
2.	
3.	
4.	
5.	

5 Encouraging, comforting, or motivational phrases, words, or statements you can tell yourself:

1.	
2.	
3.	
4.	
5.	

5 Activities that can distract you:

1.	
2.	
3.	
4.	
5.	

5 Places you can go to for comfort or where you can calm down

1.	
2.	
3.	
4.	
5.	

Citation: Albers, S. (n.d.). 20 mindful eating handouts for professionals. Mindful Eating - Improve Your Relationship to Food . <https://mindfuleatingsummit.com/wp-content/uploads/2016/01/20-mindful-eating-handouts-for-professionals-full-document-color.pdf>