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

Name:	Date:
<b>Instructions:</b> Choose one of these activities and ceat emotionally anymore.	do it for 5 minutes or until you don't feel the urge to
5 - People you can contact and connect with, especially when you feel upset	
5 - Things that can soothe or relax your senses	
5 - Encouraging, comforting, or motivational phrases, words, or statements you can tell yourself	
5 - Activities that can distract you	
5 - Places you can go to for comfort or where you can calm down	

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