

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

Name: _____ Date: _____

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

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