

Mindful Eating



ENHANCE

YOUR WORKPLACE

PERFORMANCE

Do your energy levels affect your ability
to do your work?

Are some days OK whilst other
days are most definitely not OK?

Do you suspect what you eat is causing
issues, but don't know where to start?

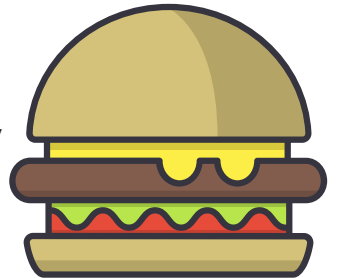
*Read Claire Stone's expert account of how to
improve your performance by starting with a
food diary...*

Keeping a Food Diary to Improve Your Workplace Performance



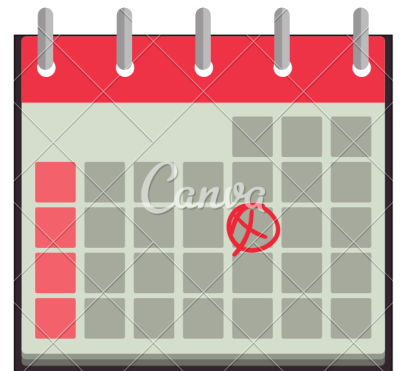
Understand how you eat now

If you want to start performing better at work - whatever that means for you - it can be pretty handy to get a clear understanding of what you eat now (this can be a bit of a surprise!) and how what you eat affects you.



One of the easiest ways to do that is to keep a food diary for a few days. There are loads of apps out there which will help you, but we like to do this the old fashioned way. A spreadsheet is handy, an evernote note is just as good. I like to use a journal - but do what works for you.

Start by picking three consecutive days, with one of those days being a weekend. Don't wait for the 'perfect' three days. They don't exist. Just pick three days in which you'll be able to spend a few minutes each day thinking about your food. Keeping a food diary for three days is really useful to get good look at your food. On the other hand, keeping a food diary for the rest of your life isn't a good plan – there's no point being THAT focused on recording foods.

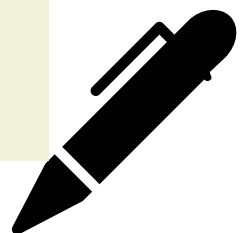




Don't miss anything!

Be sure to note down EVERYTHING you eat and drink – even if it is just a nibble of something, or just a cup of tea. You really don't need to worry about quantities – portion sizes aren't that important. That said, if you sit there and eat two mega large pizzas and still felt hungry afterwards, it might be worth noting approximately how much you ate.

What I ate:	<i>Chocolate bar</i>
Why I ate it:	<i>I needed energy</i>
When I ate it:	<i>3pm</i>
How I felt directly afterward or a bit later on:	<i>Good initially but energy dipped again</i>



Writing 'why you ate something' may seem a little strange, but please take time to think of the reason for eating – so, if it just happened to be lunchtime, write 'lunch'.

"I've started my food diary, but I'm finding it tricky observing how I feel"

Mindfulness can help! It is about paying attention in a particular way: on purpose, in the present moment, and non-judgmentally

You may have already have a mindfulness practice, if so, try applying your mindfulness when journalling.

If you haven't tried mindfulness before, or could do with a reminder, then click here for a FREE short mindful eating guided practice:

<http://www.workpsychologyhub.co.uk/free-guided-mindfulness-practices/>

You can have a go on the free introductory session of Work Psychology Hub's Mindfulness Course
<http://work-psychology-hub.teachable.com/>
or contact anna@workpsychologyhub.co.uk

"I've completed my food diary. Now what?"

By analysing the diary you can see what works for you, and what doesn't. For example, cereal for breakfast, leaves you super sleepy and you need three cups of coffee before lunchtime. However on bacon buttie for breakfast days, you didn't drink any coffee at all. Useful information indeed.

Such insights can lead to small changes which improve your performance at work. For example: if you chocolate cake knocks your concentration in the afternoon, you might ensure post-chocolate cake work activities don't require too much brain power, or simply save choccie cake for the weekend.

The point of a food diary isn't to make you to ditch all your favourite foods - or make you feel bad about the things that you like. Instead, the goal is knowing more about what works, and doesn't work for you.

***If you are struggling to make sense of your food diary data, or you want some inspiration on how to make those changes, then get in touch with Claire Stone www.claire-stone.com
claire@claire-stone.com***

Gain a bit more self awareness. Because self awareness is really useful. For work, and for life.