

Mindfulness Exercise: S.E.A.T.

WHEN YOU NOTICE YOU ARE FEELING THE URGE TO EAT IN THE ABSENCE OF HUNGER

S: Stop and create Space

- Take three deep, conscious breaths
- Ask yourself:
 - “What am I feeling in my body right now?”
 - “Is it positive, negative, or neutral?”
- If you notice you are physically hungry, eat. If not, move on to E.

E: What Emotion is present?

Uncertain	Scared	Guilty	Remorseful	Nervous
Anxious	Frustrated	Tired	Outraged	Restless
Stressed	Angry	Sad	Resentful	Edgy
Overwhelmed	Hopeless	Lonely	Worried	Excited
Fearful	Dejected	Confused	Embarrassed	Joyful
Bored	Flat	Blue	Empty	Celebratory
<i>Others...</i>				

A: What is my Actual need right now?

- “Is food what I really need in this moment?”
- “Would something else meet my needs more accurately and precisely?”
- “Do I need a distraction? Some Support? To take care of myself even in a small way? Or to deal directly with the uncomfortable emotion?”

T: Take the next right step

Distraction	Ask for help	Self-care	Feel the feeling
Watch TV, movie, or YouTube videos I find funny or comforting	Call or email a friend	Take a bath or shower	Sit with feelings of discomfort for 1-10 minutes without doing anything
Read a book or an article	Call or email a family member	Get a massage or pedicure	Write in a journal or write an email to myself
Do something that feeds me creatively	Read a book I find helpful	Go for a walk or do an activity that physically feels good to my body	Ask myself open and curious questions about my feelings
Change my environment	Speak to a therapist	Take a rest/go to sleep	Reframe: is there a compassionate way to look at this situation?
Listen to music I love	Reach out to a support group	Establish healthy boundaries for myself	Meditate for 5-10 minutes
<i>Others...</i>	<i>Others...</i>	<i>Others...</i>	<i>Others...</i>