

Mindful eating

After taking part on the Eating mindful session...n

What I liked the most...	Votes
The silence, the many flavours and the way i feel relaxed.	3
I liked to feel the different flavours	2
I liked the experience of doing a mindfulness session in english and being the one to present it	2
The different flavours, one at a time	1
To experience the diferent flavours of the M&M	1
The different textures of the M&M	1
Feel the difference between eating the m&m normally and eating mindfully	1
I liked the diferet flavours of the m&m	0

How I felt...	Votes
I felt good and relaxed	2
I felt anxious but after the session i felt much more relaxed	2
I felt relaxed and calm	1
I felt in my comfort zone	1
Relaxed	1
So calm and relaxed	1
I felt calm	1
I felt relaxed	0
I felt really calm and relaxed	0

Benefits...	Votes
Being in the moment; paying attention to the present	18
To eat less M&M	2
one new experience and the fact of paying attention to the little things and flavors	2
Mainly mental relaxation	2

Helps us to regulate how much we eat and to pay attention to the little things	1
Mindfulness makes me relaxed and happy	1
learn to relax while eating	1