

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

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Name: _____ Date: _____ dd / mm / yyyy

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: