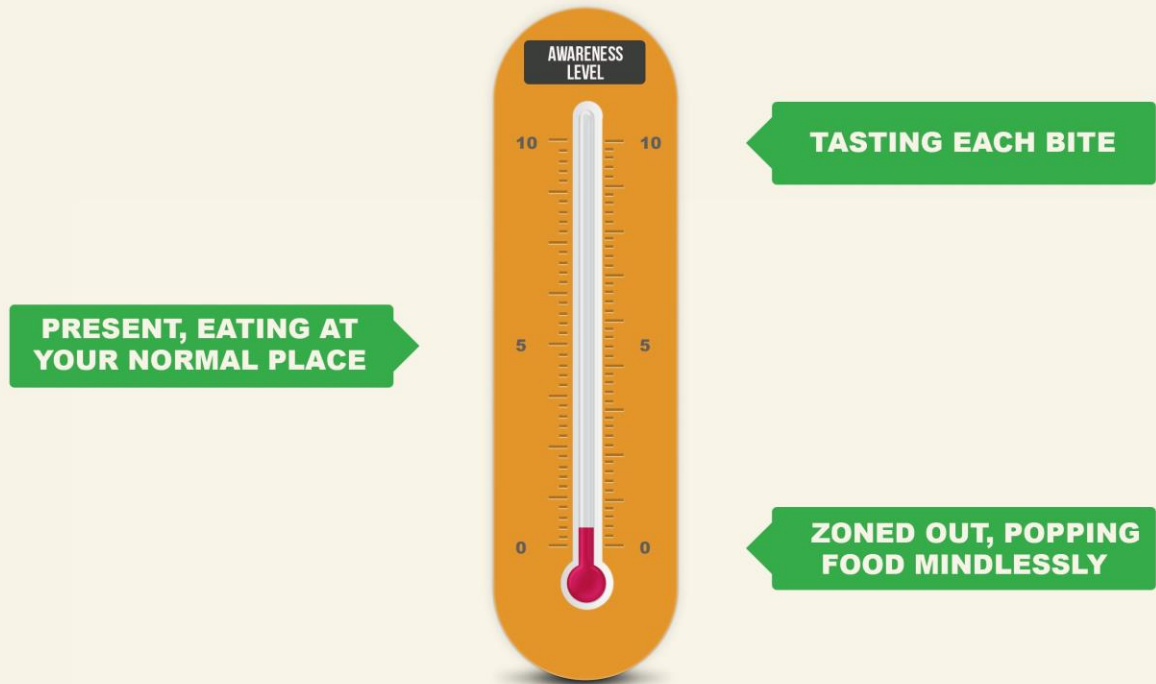


# IF YOU ARE “ZONED OUT” OR EATING IN A MINDLESS TRANCE (IN THE RED ZONE)

WAKE UP YOUR SENSES AND BE TOTALLY PRESENT



- ✓ STRETCH BEFORE YOU SIT DOWN.
- ✓ TAKE A DRINK OF WATER OR TEA (HYDRATION HELPS TO KICK START YOUR SENSES).
- ✓ CHEW A MINT.
- ✓ TAKE A FEW DEEP BREATHS—SENDING OXYGEN TO YOUR BRAIN.
- ✓ PINCH YOUR HAND A FEW TIMES.
- ✓ NAME 3 THINGS YOU SEE IN FRONT OF YOU, TO GET YOU CONNECTED AND GROUNDED WITH THIS MOMENT.

**MOTTO FOR TODAY: "STAY AWAKE AT THE PLATE"**

www.eatq.com Susan Albers PsyD @2013