

Dr. Susan Albers  
Eat, Drink & Be Mindful™

# The Four "S's" of Mindful Eating

**S**it down. Motto:  
"Only eat while off your feet."



**S**avor each bite. Smell,  
listen look, touch, taste.



**S**lowly chew.

**S**till your mind, stay in the  
moment, take a deep breath.



Contact here:  
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