**Mindful Consumption: Taking a Closer Look at My Diet**

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| **What am I consuming?** | **What’s happening in my body and mind when I reach for this item/activity?** | **Does this consumption support my wellbeing and help reduce stress?** | **If it is not supportive, what is a healthier response in this situation?** |
| *Example: alcohol* | *Feeling stressed from work, life* | *No. It makes me more emotional and foggy.* | *Do some yoga, have a cup of tea* |
| *Example: checking my email frequently* | *Boredom, desire for stimulation* | *No, it distracts me from work, interferes with connections with others* | *Decide when I will check (at reasonable intervals) and when restlessness arises, take a mini-meditation break with my breath to calm my mind* |
| *Example: walk in nature* | *Desire to nourish self, exercise* | *Yes* |  |
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