

Mindful Eating

Mindful eating is about kindness, not control.



Mindful eating is about paying gentle attention to what and how you eat, without pressure or judgement.

During and after cancer treatment, it can help you reconnect with food, notice what your body needs, and make eating a calmer, more supportive experience.

Even a few mindful mouthfuls can make a difference.





- Eat without distractions when possible (turn off TV or phones)
- Take a few slow breaths before you start eating
- Notice flavours, textures, and temperature
- Pause during meals to check how your body feels

Mindful eating means:

- Eating with awareness, not rushing
- Noticing hunger, fullness, taste, and enjoyment
- Being kind to yourself about food choices
- Responding to what your body can manage on that day

There are no rules – mindful eating is flexible and personal.

Listening to your body, your needs may change from day to day

Need support or more information?

We are here to help you move safely, confidently, and at a level that feels right for you.

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You are not alone. Support is available.