



## Sue Evans, *Fast and Lasting Change* *Think Slim, Eating Consciously – Step by Step*

The Think Slim range of 5 Minute Mind Makeovers show you how to change your relationship with food, so that you can lose weight without dieting; by stripping away habits and social conditioning, getting you back into balance with your body's needs.

Once you've set your mental satnav (the first of the Think Slim Makeovers), you're ready to start eating consciously.

These guidelines are based on the work of Dr Paul McKenna, whose guidance has helped thousands of people all round the world to reach, and keep their ideal weight.

If you're in any doubt about how much of our eating is outside controlled, conscious awareness, a highly recommended read is 'Mindless Eating', by Brian Wansink – an entertaining and sometimes shocking collection of psychological studies, carried out over decades.



### *Conscious Eating, Step-by-Step*

#### *1. Eat when you're hungry*

Genuine hunger comes on gradually – if you suddenly feel hungry, it's more likely to be emotional rather than physical hunger. Use the 5 Minute Mind Makeover 'Quick re-set' to relax past it.

Dehydration can also produce similar sensations to hunger. If you feel hungry, first drink a glass of water. If you still feel hungry after 10 minutes, then eat. The water will also help your digestion.

Knowing that you can eat whenever you're hungry will help you to eat only when you are – rather than eating for hunger prevention. It helps to keep something with you, like fresh or dried fruit, or a cereal bar, so that you know you have something ready if you are hungry.

It also keeps your body reassured that food will be provided when it's needed, preventing it from slowing down your metabolism for calorie conservation, which results from many diets.

#### *2. Remember your destination*

In the 5 Minute Mind Makeover 'Think Slim, Set your Satnav', you explored and designed future you. Re-visit this before you choose what to eat: Step back into the slim you and see what you'll see, hear what you'll hear. Immerse yourself in the good feelings that your achievements bring, and you'll find it much easier to make eating choices which align with those amazing feelings.



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#### *3. Eat what you want*

Listen to your body. No foods are off-limits, if you really want it, you can have it. This stops you from obsessing about something which you 'can't' have, and gives you a much greater sense of freedom, choice and enjoyment. Your body will tell you what it wants, and you may be surprised at how much it'll change

Follow the 80:20 ratio – 80% healthy foods, ideally within each meal, definitely within each day

#### *4. Eat consciously*

When you do eat, even if it's only a few mouthfuls, focus your entire attention on the food – choose an environment which allows this, away from television, magazines and other distractions.

Eat slowly – at least 25% slower than you used to

Savour every single mouthful: Smell the food. Chew slowly, enjoying the flavours and textures – it's a great way to get back in touch with the pure enjoyment of every morsel you eat.

Put down the knife and fork (or sandwich etc) while you chew each and every mouthful. This can feel a little awkward at first (though other people won't notice you doing it anywhere near as much as you'd think). It's a way to interrupt your old patterns, and it helps you slow down. Pick them up again only as you finish each mouthful.

While you're eating, listen out for your body's 'full' signal – I'll share with you how to re-tune this in another of the 'Think Slim' Makeovers.

#### *5. When you're full, stop*

Listen out for that body signal. It may take a little practice – if you don't notice the signal, always leave something on your plate to set the new unconscious program.

If you're having something like crisps or chocolate, you may not want to carry on until you're full. In this case, stop once your taste buds are saturated, and eating more doesn't bring new taste sensations – which is often after only two or three tastes.

As well as eating consciously, it's well worth looking into your habits and routines to create opportunities to move around more. It doesn't have to be a fitness onslaught – very simple changes will partner the changes in your eating, to further accelerate your progress.

And a final recommendation is to weigh yourself no more often than once every two weeks: Keep checking in on your weight interrupts the new patterns which you're setting

- If you've lost less than you expected, you're inclined to feel disheartened, losing touch with those amazing slim-you feelings
- If you've lost more, there's a tendency to 'treat yourself' (=cheat yourself), diverting from the successful new routines which you're adopting



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### 5 Minute Mind Makeovers



The skills of the 5 minute mind makeovers access the parts of your thinking outside your awareness - the parts which actually shape your experience of the world, and where you can make lasting change, almost instantly.

Many makeovers use your imagination, and it surprises me how many people think they don't have a good one: Yet they can worry with the best of them, so they're great at imagining things going wrong.

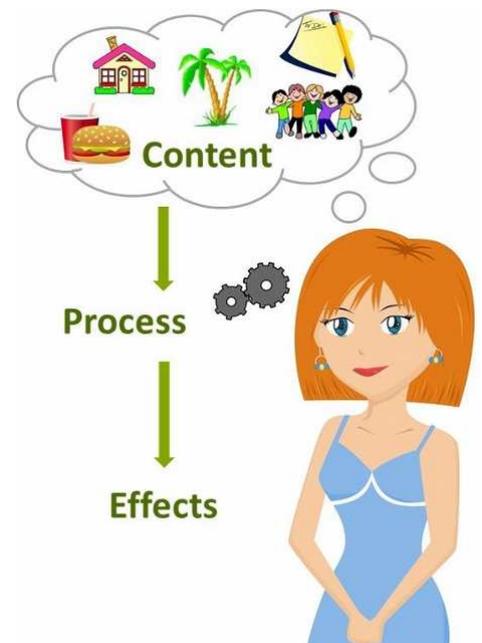
Trying to change the content of your thoughts, using things like willpower or affirmations, can be hard work. It's much easier to adjust your thinking process for better results.

Did you know that your thinking has a process? It's generally the content and the effects (how it makes us feel) that get all our attention, and we leave the process to do its own thing.

The vast majority of our thinking is automatic. Imagine the distraction if your brain made you aware every time it tweaks your blood pressure or your temperature; or described to you exactly how you digest your food. You don't need to know.

These automatic routines keep us functioning; but every now and again, your brain picks up one which is less helpful - like an anxiety response, or an upsetting memory; which, though it's often illogical (and sometimes highly disruptive), runs just as automatically as your digestion.

My range of 5 minute mind makeovers will teach you the skills to change your automatic programmes, simply and effectively; switching off unhelpful ones, and building in the ones that get you results that you want. It's like being able to go into your own brain software, right at the code level - so the change is fast, and lasting.



I'll regularly be adding to the range of 5 Minute Mind Makeover topics, which you can find at [www.fastandlastingchange.co.uk/5minutemindmakeovers.html](http://www.fastandlastingchange.co.uk/5minutemindmakeovers.html)

If there's a topic you'd like covered which isn't there yet, please get in touch and let me know  
Enjoy your skills