



be barriers within the wider public in terms of both an understanding of the concept of mindfulness and mindful eating and the commitment and motivation required to engage with it on a regular basis. Firstly, mindfulness is often described as a Buddhist practice and this may impact on individual perceptions of relevance. Although mindful meditation originates from Buddhism, modern mindfulness differs in approach and techniques. It is the responsibility of researchers, practitioners, clinicians and teachers to publicise more relevant definitions and informative material in order to ensure mindful eating programmes more accessible. Secondly, mindfulness is not an easy activity to engage with initially and for some it does not come naturally. To tackle this caveat, it is vital that this is an essential part of mindfulness teaching and training. Participants should be aware of the challenges of mindfulness and mindful eating and given the appropriate tools to support with them. This could be provided in the form of 1-1 or group motivational interviewing techniques, tasks and activities.

### Final thought

Eating mindfully is not a weight management approach per se. It can lead to enormous self-progression in terms of self-development and self-acceptance. In a world where both women and men are subjected to images of often Photo-shopped body image ideals there is a need – now, more than ever to promote a kinder and more gentle approach to health behaviour change.

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### Box 1. How mindful eating works!

