



wellness

Stress-Management  
& Wellbeing  
Workshop

Week Two Worksheet One

Principles of Healthy Eating

Tick any areas you feel there is room for improvement.

**Mindful Eating Checklist:**

Am I sitting down?

Am I eating fast or slow?

Am I mindlessly munching  
or noticing each bite?

Am I hungry?

Am I multitasking or  
focused on eating?

Am I savouring my food?

Where did my food come  
from?

What is my mood?

Eat mainly home-made food

Eat a lot of vegetables

Eat a moderate amount of nuts and seeds

Eat small amounts of animal fat

Eat small amounts of red meat

Eat fish twice a week

Eat small amounts of sugar

Eat small amounts of salt

Eat small amounts of foods with lots of numbers in them

Eat small amounts of fast food

Drink small amounts of caffeine

Drink small amounts of alcohol

Drink small amounts of sugary drinks

Drink mainly water