



# Am I Hungry? How Mindful Eating Really Works

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*Lisa Beasley is a Mindful Eating expert and a global ambassador for The Body Image Movement.*

BRISTOL, UK, UK, June 21, 2017 /EINPresswire.com/ -- "But I want to lose weight!"

This is something Lisa Beasley hears a lot. Out and about, when dropping her children off at school, from friends, from family even. Let's face it, the desire to lose weight is EVERYWHERE in magazines, on TV and on social media.

Lisa explains "What if I said to you that actually it is the desire to lose weight that is keeping you stuck in the unwanted behaviours you are in? It is the fact that you want to lose weight that is sending you towards the biscuit tin, or the food you are trying to avoid. The more you try to restrict what you are eating, or deny yourself the things you really like to eat, the more your body is going to crave them."

After years of yo-yo dieting Lisa came across a Mindful Eating programme, her own transformation leading her to share what she has learned with other women. Lisa is also a Global Ambassador for the Body Image Movement and promotes their documentary 'EMBRACE' in Bristol.

Lisa comments "Eating Mindfully has helped me to regain trust in my body and myself. I no longer need to be told what I can and can't eat, or measure portions and add up points. I listen to whether I'm hungry, eat whatever I want, notice when I've had enough, eat with attention and exercise because it feels good. I'm not saying I do this perfectly all the time - I don't need to and perfection is not my expectation. I sometimes still eat when I'm stressed/bored/angry too but I have a choice and it's my choice. It's honestly as simple as that"

Meet Becky.

Becky is a client of Lisa's and being mindful about food has really started to sink in, in fact she recently tried to 'take a break' from being mindful and found it was difficult;

"This week I am giving myself a break completely from being mindful (which is actually more difficult than you might imagine) and I'm still finding myself questioning 'Do I really want this?' and 'am I hungry?' etc. That can be quite annoying when you just want to mindlessly stuff a mars bar in! I have made a big leap recently. I joined couch to 5K 4 weeks ago. This is a huge step for me. I used to look at runners as though they were a completely different race (excuse the pun) and something I could never do or be. However, I challenged myself to do it. Why not?! I am 4 weeks in and am feeling positive. I may be the slowest, I may be physically the largest (or winning at being massively amazing as I like to put it), I may be the wobbliest but I'm still there (lots aren't) and I've slowly increased my running from 1 minute to 5 minutes. Yesterday I signed up for race for life and I am challenging myself to run it.... the whole 5k (gasp/sob). I realise that Lisa is part of the reason I am doing this... no she hasn't bullied me into it, no she hasn't called me fat until I'm so ashamed of myself. Her gentle, logical encouragement to do what you enjoy is what's helped me. Previously I probably would have been too afraid of losing and, if I'm honest, too lazy. Now I feel like it's not about competing with anyone else (although being naturally competitive that is difficult), it's about me, my health, my body and my challenges. Go me!"

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