



WISE & WILD WAY

HUNGER-SATIETY SCALE

Hey there, Leading Lady! Let's get you eating mindfully with my Wise & Wild Way Hunger-Satiety Scale and a simple exercise to savor every bite. Use this handy guide to tune into your body's signals and keep those cranky vibes at bay!

This scale counts down from 10 (stuffed to the brim) to 1 (starving). The sweet spot is 4 to 6—hungry enough to eat but not desperate, and satisfied without overdoing it. Check it out:

Level	State	Description
10	Extremely stuffed	Stuffed to the brim, maybe feeling a bit queasy—Thanksgiving full!
9	Stuffed	Very uncomfortable, pants are tight—time to loosen that belt!
8	Overfull	Had plenty, maybe a smidge too much
7	Full but not uncomfortable	Hunger's gone, won't need to eat for 3-4 hours
6	Satisfied	No more hunger, could sneak a few more bites
5	Starting to feel hungry	Not urgent yet
4	Hungry	A little hungry, could wait a bit, but will get hungrier soon
3	Uncomfortably hungry	Distracted, irritable, need to eat soon
2	Very hungry	Every dish looks like a dream, totally obsessed with food
1	Starving	Irritable, dizzy, ready to order everything on the menu!

Plan to Eat at 4: Start planning to eat when you hit level 4 (a little hungry)—don't wait until 3, when you're irritable and distracted. Nobody wants to deal with a cranky you (trust me, I've been there, and it's not cute!).

Stop Eating at 6 or 7: Stop when you hit level 6 (satisfied, could sneak a few more bites) or 7 (full but not uncomfortable)—don't overdo it!



HONOR YOUR HUNGER

Mindful Eating Exercise

Practicing mindfulness can be an effective way to increase awareness of personal strengths and obstacles. In many cases eating tends to be a mindless activity, and negative eating habits often become automatic. You can bring mindfulness to each meal. This is the experience of being completely absorbed in the act of eating via the five senses. When you engage in mindful eating, you may discover tastes, textures, and smells that you have never consciously encountered before. Another component of mindful eating is listening to the body. Instead of eating to cover up emotions, you can learn to only eat when you are physically hungry.

EXERCISE



Pick a small piece of food you can hold without making a mess—a single raisin is perfect. Move slowly through these steps, really soaking in each one:

1. **Look Closely:** Before picking it up, check out how the food looks on the table. Notice its color, how the light bounces off its surface, and its size.
2. **Feel It:** Pick up the food and feel its weight, its texture against your skin. Roll it between your fingers or in your hand—is it smooth, rough, slick, soft, or firm?
3. **Smell It:** Bring it to your nose and take a big whiff. What do you smell? Does the smell bring anything to mind?
4. **Taste Without Chewing:** Pop it in your mouth, on your tongue, but don't chew yet. Notice how it feels—does the texture match how it felt in your hand? What do you taste? Roll it around and feel the sensation.
5. **Chew Slowly:** Now, start chewing slowly. Notice how your teeth sink into it, how the texture changes inside. Pay attention to the flavor as it spreads across your tongue. What sounds do you hear as you chew it? Feel your body's response—does your mouth fill with saliva? Does your tongue feel warm or cool? Keep chewing, savoring every sensation as you finish.

This little practice helps you slow down, reconnect with your senses, and honor your hunger, making every bite a joyful experience.