



WellNYS  
Everyday

WellNYS  
Daily To-Do

# March

Eat one meal without distractions.

In 2022, participate in **THE THREE** every day by doing the following

1. Practice the WellNYS Daily To-Do. If you'd like an extra challenge, try the **Go Beyond the Challenge** starting March 22<sup>nd</sup>.
2. Check off that you have completed the Daily To-Do on the Monthly Challenge tracking form that can be found at <https://wellnys.goer.ny.gov/>
3. Ask your wellness partner, "Did you do the WellNYS Daily To-Do?"

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## UPCOMING MONTHLY CHALLENGES

**April** Plan a vacation.

**May** Dance or move to your favorite song.

**June** Start your morning with a positive habit.

APRIL						
S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

MAY						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JUNE						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

WellNYS Everyday  
Healthy habits. Stronger lives. So, eat and stay well.

WellNYS Daily To-Do  
Friday February 11, 2022  
Ask your co-workers if they have a bucket list. If they do not have what one is, provide them with the February

February Monthly Challenge  
GET IT? BUCKET LIST OR CHECK KINGS

My First or Next 5K  
2022 5K

Physical Activities Personal AID

I can do it!

WellNYS in your Workplace

Business Resources

WELLNESS RESOURCES

NYC Wellness Marketing Plans

NYC Wellness Marketing Plans

NYC Wellness Marketing Plans

You can quit. We can help.

About us

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Check off your Daily To-Dos at <https://wellnys.goer.ny.gov/>

# March

## WellNYS Daily To-Do



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Everyday

### Once you've completed the To-Do, check the box!

- 1.** Eat one meal without distractions is the March Monthly Challenge. Register on the WellNYS Everyday website and track your progress. If you complete 22 days in March, you will earn a participation certificate. Click on the following link to register. [https://wellnys.goer.ny.gov/registration/monthly\\_challenge\\_description.cfm](https://wellnys.goer.ny.gov/registration/monthly_challenge_description.cfm).
- 2.** When it's time for a meal, turn off the TV, put your cell phone away, and step away from your computer. Instead of multi-tasking, just focus on enjoying your meal.
- 3.** Take a realistic view of your eating habits. Do you eat lunch and scroll through your phone? Do you eat an entire bag of potato chips while you watch TV? Decide to eat your next meal without any distractions.
- 4.** Upon waking, decide which meal you will be eating today without distractions. Set the alarm on your phone, when it goes off, put your phone away and eliminate all distractions. Enjoy your meal.
- 5.** Make your lunch break today "your time" and don't let other things distract you. You may find that you are more satisfied and less likely to overeat later in the day.
- 6.** What is mindful eating? Mindful eating takes the concept of mindfulness and applies it to why, when, where, what, and how you eat. Learn more at [https://www.move.va.gov/docs/NewHandouts/BehavioralHealth/B11\\_MindfulEating.pdf](https://www.move.va.gov/docs/NewHandouts/BehavioralHealth/B11_MindfulEating.pdf).
- 7.** If you are eating with others, enjoy the conversation, but don't let it carry you away from the smell and taste of your meal.
- 8.** According to the American Journal of Clinical Nutrition, a study was completed on how attention and memory can affect food intake. Two key points from this study shows that being distracted or not paying attention to a meal, tended to make people eat more during that meal. Paying attention to a meal was also linked to eating less later on. <https://www.health.harvard.edu/blog/distracted-eating-may-add-to-weight-gain-201303296037>.
- 9.** If you feel like you're racing through a meal, say out loud, "fork down." Put your fork down, take a breath, and think about slowing down while you eat.
- 10.** If you normally rush through a meal, use your non-dominant hand. Changing hands will likely slow you down.
- 11.** Evaluate your hunger throughout one of your meal's today. Ask yourself at the halfway point if you are still hungry. Are you distracted?
- 12.** Chew your food thoroughly as this will help with digestion. Your body will tell you when you are full.
- 13.** Tasting different types of foods is a wonderful part of life. Savor your food. Take your time while eating and let the food last longer in your mouth before you swallow.
- 14.** To understand mindful eating is to also understand mindless eating. Do you zone out and pop food into your mouth, eating through an entire bag of something before you are aware of what you are doing?
- 15.** Eat your lunch somewhere other than your desk. Set a timer on your phone (and then set it aside) and commit to eating for 15 minutes without distractions.
- 16.** Take small bites when eating your meals today.
- 17.** Do you eat while driving? Eating while driving increases the chances of getting in a car accident by 80%, according to the National Highway Traffic Safety Administration.
- 18.** Eat silently for five minutes, thinking about what it took to produce the meal you are eating.
- 19.** Multi-tasking can lead to overeating according to a study in the American Journal of Clinical Nutrition. Learn more at <https://academic.oup.com/ajcn/article/97/4/728/4577025?login=true>.
- 20.** When your food tastes good, let it linger in your mouth and appreciate the delicious taste. Don't rush through the moment to get to the next bite. Try it with a piece of chocolate!
- 21.** After 10 minutes of eating your meal, choose a number on the hunger – satiety scale, (one starving – 10 stuffed). If you are satisfied at a six or seven on the hunger scale, then stop there. Learn more about the hunger- satiety scale at <https://uhs.berkeley.edu/sites/default/files/wellness-hungersatiety.pdf>.
- 22. Go Beyond the Challenge:** Mindless eating can simply occur any time the brain is distracted, and the person is not aware of what or how much food is being consumed. There are five factors that contribute to mindless eating: disinhibition, distracted eating, lack of awareness, emotional eating, and external reasons. For more information go to <https://www.nchpad.org/1693/6799/Mindful~vs~Mindless~Eating>.
- 23. Go Beyond the Challenge:** Whether you eat your meal with a fork or a spoon, remind yourself that it's not a shovel. Enjoy each bite before going for the next one.
- 24. Go Beyond the Challenge:** Today, at all meals, choose to be mindful and not get distracted. Practice all the tips you've learned so far this month.
- 25. Go Beyond the Challenge:** Use chopsticks for everything you would typically eat with a fork. It can help you pay closer attention and eat more slowly. If you want more of a challenge, use chopsticks with your non-dominant hand.
- 26. Go Beyond the Challenge:** It's Saturday and you may have more time to cook! Use a slow cooker and take your time preparing a meal for today. Give attention to every ingredient as you add it to the pot. As time passes while its cooking, notice the smell in your home. When the meal is ready to serve, enjoy every bite.
- 27. Go Beyond the Challenge:** Today's affirmation is "just eat." This is your reminder to eat without any distractions.
- 28. Go Beyond the Challenge:** Mindful eating is a technique that helps you gain control over your eating habits. Learn more at <https://www.healthline.com/nutrition/mindful-eating-guide#section6>.
- 29. Go Beyond the Challenge:** Say these two affirmations when you are eating mindfully. "I eat only when I am actually hungry." "I'm savoring every bite."
- 30. Go Beyond the Challenge:** Tomorrow is the last day of the March Monthly Challenge. Were you able to eat a meal every day without distractions this month? It's not too late to try it at your next meal.
- 31.** Today is the last day of March. Go to the WellNYS Everyday website at <https://wellnys.goer.ny.gov> and check off the days you participated in the Monthly Challenge.

NUMBER OF DAYS COMPLETED