

**MY PROVEN METHOD:**

**THE 3S'S**

**TO**

**STRESS FREE**

**EATING**

**BY LEE-ANN WATANABE**

# PROLOGUE

As someone who has battled with food anxiety all my life, I've worked really hard to balance my food fear with food balance. Through my work in this arena, I've developed a three prong approach called The Three S's to Stress Free Eating, that will allow you to create a level of peace, awareness and mindfulness around food. My 3S Method are Signs, Savor & Seated.

My mission for you? By using my 3S method before each snack or meal you eat, you will create a layer of awareness resulting in intuitive eating – an eating style that promotes a healthy attitude not only toward your food, but also toward your body image.

I'm right there with you, xoLA

# S #1 – SIGNS

---

You feel hungry, so you reach for food or you feel that you are so hungry, you reach for whatever food is closest and easiest for you to inhale in a moment's notice.

No matter what the scenario, BEFORE you eat any of that food, STOP for a moment and ask yourself about the SIGNS of your hunger. Ask yourself, what are the SIGNS that are creating this want for food at this very moment?

Make sure that hunger is the main SIGN driving your decision and not other circumstance such as stress, fear, boredom or any other emotion that could create a sense of emotional hunger versus physiological hunger.

**"HUNGER IS PHYSICAL," SAYS LEE-ANN.  
"IT'S NOT A THOUGHT, A CRAVING, OR A  
RATIONALIZATION.**

**LEE-ANN'S BEST TIP TO DETERMINE HUNGER:**

When you're feeling the urge to eat, pause for a bit and ask yourself, "Am I hungry?"

# S #2 – SAVOR

---

If you preceded to this step whereby your body's hunger SIGNS are physiological and you decide you will eat, remember to slow down and truly enjoy the process of eating, SAVORING each bite. SAVOR is the second S in my 3S's of Stress Free Eating.

Do you recall your mom telling you not to eat so fast as kid? Sure she didn't instruct you to savor each bite, food morsel bit by bit. But, she was definitely onto something.

SAVORING each bite is a method that allows you to become more conscious of what your'e eating. After all, it's really hard to SAVOR each bite while eating mindlessly watching TV or doing work on the computer!

**“EATING IS SUCH A HABITUAL ACT, AND OFTEN SO AUTOMATIC, CONVENIENCE-BASED AND RUSHED, THAT IT'S EASY TO FORGET THE OPPORTUNITY IT GIVES YOU TO BE PRESENT.”**

**LEE-ANN'S BEST TIP TO SAVOR EACH BITE:**

Really experience your food. Ask yourself, what does it look like, smell like, taste like? What does it feel like to chew and swallow? Allow emotions, images and your attention to change your mood at mealtime -- and relish it all.

# S #3 – SEATED

---

Congratulations, you've made it to the final S in my guide. You have recognized the real SIGNS of your hunger, decided to proceed in eating your meal or snack and now the final S to implement is ensuring that you eat SEATED.

Sure, the way you serve your food and the way you eat your food has a HUGE impact on mindful versus mindless eating. But, SEATED is an often over-looked practice for conscious consumption.

First, put your food on a plate. Second, have your meal SEATED at a table in a chair. Maintain focus on SAVORING the meal in front of you while eliminating distractions by turning off the TV and putting down your phone.

Look at the meal in front of you. Notice the textures and colors on your plate. Raise the food to your nose and smell it. Put down your utensils between bites.

**“SIT DOWN, AND SAVOR BOTH FOOD AND COMPANY -- SLOWLY, MINDFULLY.”**

**LEE-ANN'S BEST TIP TO EATED SEATED:**

Let food rule today and sit down to enjoy your meal. Consume at least one meal without distractions. Turn off your devices, put down your book, stop whatever project you've got going and give your food your full attention.



## ABOUT THE AUTHOR

---

Lee-Ann Watanabe is a Health and Wellness Coach with over 20 years experience in fitness and nutrition industry. After being diagnosed with severe, refractory Ulcerative Colitis in 2003, Lee-Ann left her Media Planning career at a prominent Advertising Agency to pursue her deeply rooted passion in wellness. Her mission? To help women break free from their inner critic resulting in increased confidence, self-trust and healthy boundaries around food and fitness.