Tap the Power of Mindfulness
Mindfulness is being aware in the here and now. That’s it: just awareness—without judgment, no good or bad labels. In a way, it’s taking yourself off autopilot, which can help you keep your goals top of mind. And it can help you be more aware of how your choices help or hinder your progress toward your goals.

Being more mindful can boost your well-being, optimism, and self-esteem. It can help you more easily see the positive changes (on and off the scale) that you’ve made happen with your healthier food and activity choices. This can help you stay motivated and on track with your weight-loss and healthy living progress.

And mindfulness can also help you manage negative emotions such as stress, sadness, anxiety, and so on—without turning to food as a way to cope.

WHAT TO DO: JUST BREATHE

Sounds easy enough, right? This is a simple exercise with a big payoff: Focusing on your breath can help you become more mindful. Practice this exercise regularly, and it can become second nature when you’re stressed or upset.

1 Sit comfortably, eyes closed. Inhale deeply and slowly through your nostrils, hold two seconds, then exhale slowly through your mouth.

2 Tune into your body. Notice how your body feels in the seat; relax any tense areas and just breathe.

3 Pay attention to your breath as it flows naturally in… and out…. Notice your chest rising and falling, the air passing in through your nostrils, the silent whooosh as you exhale.

4 Notice your mind if it wanders. It’s normal to be distracted by stray thoughts, but when you notice them, gently return your focus to your breath.

5 Breathe mindfully for a few minutes. Gently return your focus to your whole body, relaxing even more deeply, then open your eyes and take a moment to appreciate yourself for doing this exercise.

THIS WEEK’S FOLLOW-UP

Practice this mindful breathing exercise; pick three times this week and write down when (day/time) and where (at your desk, before you get out of bed) you’ll do it for two minutes.

THINK AGAIN
Once you try mindful breathing, you’ll want to continue. But if you have trouble getting started, reframe your thoughts, as in these examples.

UNHELPFUL
“I don’t have the time to sit around and breathe.”

HELPFUL
“I don’t need a lot of time to practice mindfulness. I can do it when I wake up before I get out of bed for a minute or two.”

UNHELPFUL
“Whenever I try it, my mind wanders.”

HELPFUL
“It’s normal that my mind wanders. I’ll just acknowledge those stray thoughts and bring my mind back to the present.”

YOUR TURN! What unhelpful thought have you had about practicing mindfulness? Write it here. Give it a reality check, then write your helpful thought here.

UNHELPFUL
________________________________________
________________________________________
________________________________________

HELPFUL
________________________________________
________________________________________
________________________________________

INSPIRATION FROM OUR COMMUNITY!

“I DO ABSOLUTELY NOTHING WITHOUT THINKING, FIRST, CONSCIOUSLY, ‘WHY AM I DOING THAT?’”—OPRAH

“I still eat all the foods I love, only now I’m #mindful about my choices and I try to really enjoy my food.”
—CAROLELALA*

“My mindfulness practice happens while running. I count each step and it clears my thoughts.”
—ARANSAS

“I find that the more mindful I am of my life, the better I am with this whole food thing!”—SMF160*

*Posted on Connect on the mobile app (for subscribers).

How do you increase your #Mindfulness? Share on Connect on the mobile app (for subscribers).
Heat grill to high.

• In a medium bowl, combine beans, onion, pickle, and mustard; microwave on high until heated through, about 1 to 2 minutes. Keep bean mixture covered to keep warm; set aside.

• Grill hot dogs until charred, about 3 to 4 minutes. Grill buns until grill marks appear. Place a hot dog on each bun and top each with 2 heaping tablespoons bean mixture and 1 tablespoon cheese; return to grill and cover for 1 minute to melt cheese. Serve garnished with scallions. Yields 1 hot dog per serving.

16 oz canned baked beans with pork, drained
3 Tbsp chopped onion
2 Tbsp chopped unsweetened dill pickles
2 tsp Dijon mustard
8 light beef or pork hot dogs
8 reduced-calorie hot dog buns
½ cup low-fat shredded cheddar cheese
½ cup chopped scallions

An easy, tasty riff on chili dogs.

7 SmartPoints® VALUE PER SERVING // PREP 12 MIN // COOK 10 MIN // SERVES 8

WEEKEND FARE

EASY BEAN AND CHEESE-TOPPED HOT DOGS

From weightwatchers.com

FAST & EASY

Endorsed Packaging Coming Soon!

Very Veggie Nachos

Preheat oven to 375°F. Brush or spray flatbread with olive oil, sprinkle with salt, cumin, and paprika, then cut into approximately 11 chip shapes. Bake at 375°F for 2-3 minutes or until crispy. Remove from the oven. Spoon the peppers over the chips, then follow with the corn and the black beans. Next, sprinkle the cheese and the jalapeños over the nachos. Bake 5-6 minutes, or until cheese is melted. Top with pico de gallo and avocado. Serve immediately!

For a store location & recipes go to flatoutbread.com

4 SmartPoints value per serving

Very Veggie Nachos

| 3 Flatout® flatbreads, Light Original |
| 1/2 cup frozen corn, thawed |
| 1/4 tsp ground cumin |
| 1/2 tsp paprika |
| 1/4 tsp sea salt |
| 3 tablespoons pickled jalapeño slices |
| 1/4 cup Weight Watchers reduced-fat shredded Mexican blend cheese |
| 1 c pico de gallo |
| 1/3 Haas avocado, diced |

Olive oil cooking spray

7 SmartPoints® VALUE PER SERVING // PREP 12 MIN // COOK 10 MIN // SERVES 8

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FAST & EASY

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