

Put Your Phone Down During Mealtimes!

Most of us have snapped a quick pic for Instagram, posted cute tweets, quickly replied to emails or checked out our favourite blogs and articles whilst we're eating.

It's fast, it's convenient and it gives us something to occupy our brains whilst we eat.

What could be wrong with that?

But as innocent as it might appear, this bad habit is increasing our stress levels, damaging our happiness, harming our relationships and strengthening our growing addiction to our phones.

(Check out [these worrying images](#) if you still need convincing!).

Here's exactly why you need to put your phone down while eating, and open up to the world around you instead.

#1: Phones make us stressed...

Many of us spend the whole day rushing around from one task to another.

We battle the flood of information that constantly attacks our senses from all sides, and try to keep up with the fast pace of modern society. Unsurprisingly, the result of all of this is usually chronic stress, anxiety, chronic health problems and most of all unhappiness.

When you switch off your phone at meal times, you allow yourself to disconnect from all of these stresses and strains and reconnect with the beautiful world around you.

This naturally helps you become more present in the moment and allows you to notice the positivity and beauty around you. You'll feel calmer, more self-aware and infinitely happier.

#2: It's harder to make healthy food choices

If you eat whilst you scroll Facebook, post to Instagram, message your friends or even catch up with what's happening with the world, you're not giving your food the full attention it deserves.

Your mind is somewhere else and not on your food so you miss out on the majority of the pleasure of eating and your body's appetite control mechanism is unable to work as

effectively as it should. This increases your food cravings, encourages you to overeat and even fools you into making unhealthy food choices.

#3: It harms your relationships

Constantly looking down at your phone at mealtimes prevents you from noticing the people who are sat right there with you and could actually be harming your relationships.

Mealtimes are the perfect opportunity to reconnect with family and friends, to have beautiful conversations, and to reclaim precious thinking time for ourselves.

When we're using our phones, this simply doesn't happen.

It doesn't matter who is around you- you're in a bubble of your own creation. And if you've ever been the person waiting for someone else to finish their email or phone conversation at mealtime, you'll know just how rude and inconsiderate this can be.

Switch off and you can strengthen those vital bonds and build great things!

So what's the alternative?

Mindful eating.

According to studies at the [University of Birmingham](#), England, if you put down your phone and become more present, you'll feel more satisfied, make healthier food choices (such as refuse that extra cookie), build stronger relationships and feel happier.

By switching off the distractions and taking time to enjoy the colours and flavours of your food, chewing slowing, and connecting with what is there on your plate, instead of what's going on in the virtual world, you'll even enjoy your food more.

So next time you're eating, put your phone down and notice the world around you.

Disconnect from the stresses of life, talk to your friends and family, and really notice what you are putting into your mouth.