

SHARING



A MEAL

EAT TOGETHER, LIVE BETTER!

Food is one aspect of life that nurtures us. And a growing body of research shows that enjoying food with others provides a myriad of health benefits.

Sharing a tasty meal, you'll naturally feel gratitude and love. It's the perfect time to bond and create better communication. It allows space to share the ins and outs of the day, to discuss the ups and the downs.

When you're eating with a group, most likely you'll also eat a lot slower, too. The conversation will detour you from wolfing it down, supporting your digestive system.

You also make healthier food choices when you dine with others. We all know how easy it is to hit the drive-thru or grab that packet of ramen when we're going it alone. You're more likely to try something new, as well, when eating together—and we grow when we try new things.

So, don't wait for a special occasion: share more meals with friends and loved ones on the daily! How can you bring more communion to mealtime? Read on for five ideas to try. Bon appétit, y'all.



We often overlook it, but the simple act of cooking and/or sharing a meal together with friends or family can completely change our moods for the better and put us in tune with our own intuition, inner calm, and the vibrancy of our world.

5 WAYS TO CONNECT OVER FOOD

1 Consider Breakfast



It's so easy to get in the grab-and-go headspace for breakfast. But starting the day around the table with family, friends, or co-workers puts a whole new spin on life.

Think quick-and-simple versus elaborate meals, and this practice might easily tuck into your schedule.

2 Eat with Co-Workers



Speaking of co-workers, lunch together can take a lot of stress out of a busy day. In fact, it can increase productivity.

For extra health points, plan a picnic and/or pick a spot outdoors as weather permits. Good company plus fresh air will set up your afternoon for success.

3 Potluck it up!



Inviting friends or family for dinner can conjure visions of hours working it in the kitchen...which can be hard after a busy day.

Make it easy to share and plan a potluck. And it needn't be a hodgepodge. Nominate someone to make a meal plan or make it a theme night after a specific type of cuisine.



4 Take a Cooking Class



Why not take it up another notch with a communal cooking class?

Pick a class, book spots for your buddies, then get together once a week after you've completed the class to show off your learnings. You can acquire new cooking skills while having a blast with your besties.

5 Eat Together Over Zoom



One positive takeaway from the pandemic is that tech provides a great way to keep in touch, even when you're time-challenged or you live alone. So, why not plan a few nights a week (or lunches or brunches) for a virtual hangout? It's a free or low-cost way to sneak in joyful social time.

Ready to go all-in down a deeper path of peace and resilience with tips like these? Your Morning Ritual will help you do just that with tools and techniques to live in harmony with your mind, body, spirit, and planet. Available at CarrieAsby.com/Resources.