

Mindful Eating



Mindful Eating is a mindful awareness exercise to help ground you in the present moment and bring awareness and attention to your five senses. Allowing you to practice laser vision and focus!

Tip:

Being mindful when eating can benefit the body and mind.

Material:

Raisin

Let's Practice:

- Place one raisin in the palm of your hand... Notice how it feels - Is it heavy or light, smooth or rough? Notice its color and shape. How does it smell? Think about where the raisin came from.
- Now place the raisin on the tip of your tongue... Notice how it feels on your tongue. What's the texture? How does it taste and smell?
- When you are ready, eat the raisin - Take your time. Notice tastes, textures, smells and sounds as you chew and even as you swallow the raisin.

Process:

- What was this experience like for you?
- What did you notice by eating a raisin this way?
- How can you use mindful eating every day?

Variation:

- Use Hershey's Kisses or another bite-sized food with taste or texture complexities, such as oranges, apples or carrots. Really any type of food will work.
- Try with family or with friends.
- Practice 5-10 minutes of silent eating during lunch or dinner.