

Mindful Eating

Many of us eat on the go - in our cars, at our desks, in front of the TV or with others at a restaurant. Whether you are grabbing a breakfast on the go, eating a snack or sitting down to dinner, this exercise will help you tune into all the sensations while eating to make it a more meaningful experience.

This exercise will also help you become aware of the body's sensations while you eat.

1. Pause for a moment and observe the food you're about to eat. Take a few deep breaths.
2. Notice the food's color and shape. Does it look appealing to you? Notice how the food makes you feel: excited, reminiscent, happy or anxious.
3. What does the food smell like? Think beyond general descriptors – does the smell remind you of anything? What emotions does it bring forward?
4. Be aware of your intention to begin eating as you move to take a bite of food.
5. As you take a bite of food, notice the feeling of the food in your mouth. What is its texture? Is it heavy or light on your tongue?
6. Begin chewing slowly. What tastes are you experiencing? Are there several different tastes such as salty, sour, and sweet?
7. As you swallow, become aware of your body's movements as it moves the food from your mouth to your stomach.
8. Pause before you continue to eat. How are you feeling? Are you full, still hungry or somewhere in between? Continue to eat mindfully, noticing as many sensations as you can.