

Focus on the Present - Mindful Eating

"The world is full of beautiful things, patiently waiting for our senses to grow sharper." WB Yeats

You can try this with any food but I suggest you try it with something that you really like e.g. chocolate or its savoury equivalent.

- Put the food in the palm of your hand and imagine that you have never eaten it before
- Play with it - smell it, move it around, touch it and see it. Notice its shape, texture, weight, colour etc.
- Now taste it, do not eat it just yet, just taste it then chew it ... ever so slowly and notice where it is sitting in your mouth. Where does food habitually go in your mouth while you are chewing?

If thoughts arise other than what's happening in your mouth and about the food sensations that you are feeling, try to let them go and refocus your attention to what is happening in your mouth and how those sensations are directly effecting you.

Tip

Mindfulness permissions us to step into our 'beginners mind', a mind that greets an experience with openness and curiosity, a mind that brings as new perspective to an otherwise habitual automatic response. Eating mindfully may seem a little strange and a little slow so start by ensuring that you practice mindful eating in an un-interrupted space where you can truly savour the experience before you gobble it up!