Mindful Eating Meditation

What You'll Need
- Distraction free, comfortable environment
- Small piece of your favourite snack (any nut, seed, fruit or vegetable)

Script
1. Start by holding the piece of food in your hand. Pretend you are an alien from outer space; and that you just landed on Earth. You have never seen this piece of food before.
2. What do you notice visually? Take a look at the shape, and colour; how does it feel in your hand? Are there any shadows?
3. What texture does this item have? Is it smooth? Squishy?
4. Place it up to your ear; are there any sounds?
5. If your mind starts to wander that's okay; notice the thoughts and bring your attention back to the food
6. If you feel comfortable, close your eyes
7. Raise the food to your nose and smell. Slowly breathe in several times and focus on the different smells. How do you feel?
8. Is your mouth watering? Are you having any thoughts? Notice these thoughts, and bring your attention back to smell the food.
9. Put the piece of food on your tongue, but don't chew yet. Notice how it feels. Do you taste anything? Do you notice anything happening?
10. Slowly take a small bite of the food; just one bite. Resist the urge to chew or swallow. Notice the taste and sensations of the food in your mouth.
11. As slow as possible, take one small bite at a time. Notice how it feels on our tongue, the flavour; focus on the sensations.
12. Take a moment to pause the video as you do this
13. Once the food has turned completely to mush, feel free to swallow.
14. Notice any lingering tastes of sensations. Can you feel the food in your body?
15. When you're ready, if your eyes were closed, feel free to slowly open them.

Questions to Brainstorm:
1. What did you notice during the exercise?
2. What thoughts came up?
3. How was this different from your normal way of eating?
4. What senses did we use?
5. Can you imagine eating a whole meal like this?
6. How could you apply this slowing down to other areas of your life?