

## Mindfulness Eating Exercise



1. Find a quiet and comfortable place to sit without distractions. Take a few deep breaths to center yourself and bring your attention to the present moment.
2. Choose a small portion of food that you would like to eat mindfully. It could be a single piece of fruit, a small handful of nuts, or any other healthy and satisfying food of your choice.
3. Before taking a bite, take a moment to observe the food in front of you. Look at it as if it's the first time you've ever encountered it. Notice its colors, textures, and shapes. Pay attention to any sensations or thoughts that arise as you look at the food.
4. Pick it up and smell it. Does it have a strong smell? Does the smell make you feel hungry, neutral, disinterested?
5. Put it up to your ear. Is the food making any sounds?
6. Take the first bite slowly and intentionally. Pay close attention to the taste, texture, and flavors as you chew. Notice the sensations in your mouth, the movement of your jaw, and the release of flavors.
7. Engage all your senses in the experience. Notice the aroma of the food, the sound it makes as you chew, and the feeling of swallowing. Stay present with each bite, fully experiencing the taste and texture.
8. As you continue eating, try to maintain a sense of curiosity and non-judgment. Be aware of any thoughts or emotions that arise but let them pass without attaching to them.
9. Take breaks between bites to check in with yourself. Notice how your hunger and fullness levels change. Pay attention to any signals from your body that indicate satisfaction or satiety.
10. Practice self-compassion and kindness throughout the exercise. Be patient with yourself, knowing that this is a learning process. If you find yourself slipping into old patterns or judgments, gently bring your focus back to the present moment and continue with the exercise.

Remember, this exercise is designed to cultivate mindfulness and bring awareness to your eating habits. It can help create a healthier relationship with food and reduce the tendency to engage in binge eating behaviors. Consistency and practice are key, so try to incorporate mindfulness into your meals and snacks regularly.

