

Mindful Eating Script

This is an activity called mindful eating.
Try this when you can take your time eating a snack or a meal.
Before we dig in, let's take three soft, slow, mindful breaths.

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And for this exercise, we will keep our eyes open,
start by picking up the piece of food you are about to eat
and start by noticing what it looks like.

Look at it very carefully and notice the colours, textures.

Does it look hard and crunchy?

Does it look soft and mushy?

Maybe it's somewhere in between...

with it in your hands, what does it feel like?

Now time to smell. Sniff the food you are about to eat ...

just focus on the smell...

notice if there is a smell?

let's move to hearing, is there a sound to this snack?

If you move it around in a particular way is there a sound,

maybe not and that's OK.

Let's move now to taking a bite.

Take one bite and chew slowly until your food is like a paste.

Is it sweet or salty?

Does the taste change as you chew?

Swallow your food.

What sensations do you feel in your body as you eat?

Continue eating your next bites this way, slowly, mindfully paying attention.

Enjoy.!

