



MINDFUL EATING

Try to keep quite during the exercise and focus all of your attention on the piece of chocolate. Approach the exercise with an open mind and a gentle curiosity.

MINDFUL EATING SCRIPT:

- **Place it in the palm of your hand and notice the colours and shapes. Feel the weight of it in your hand.**

Hold one of your M&M in your hand. Take several slow, deep breaths. Now look at that chocolate candy as if you had never seen one before. What color is it? What is its surface like? What does its texture feel like between your fingers? What thoughts are you having now about M&M's or about food in general? Are you having any thoughts or feelings about liking or disliking it? Whatever your thoughts or feelings are, simply notice them.

- **If your mind starts to wander and think about other things, that's ok. Notice the thoughts and bring your attention back to the chocolate.**

Let's be aware of our intention to begin eating. Move your other hand slowly toward the M&M. Note the action mentally by saying to yourself, "*Reaching ... reaching ... reaching.*" Now pick up the M&M, and say to yourself, "*Lifting lifting ... lifting.*" The point is to stay aware of each movement of your hand and arm by naming them.

- **You may hear other people or other noises in the room. Notice the sounds and bring your attention back to the chocolate.**

Raise the chocolate to your nose and smell it. Slowly breathe in several times and focus on the different smells. Does smelling the chocolate trigger anything else in your body? Is your mouth watering? Are you having any thoughts, "Hurry up and let me eat the chocolate!" "What's taking so long?" If so, notice them and bring your attention back to smelling the chocolate.

Put the M&M on your tongue. What does it feel like? do not bite i, chew it or swallow it. Notice the feeling and taste of it in your mouth. How does it feel as it melts? Notice the taste and sensations of the chocolate on your tongue, your teeth... Move the M&M around in your mouth. Try to notice the moment where you feel like you want to bite and swallow. Let it melt in your mouth. Slowly bite it and when you are ready to swallow, notice the impulse to do so, focusing on the sensations. Notice any lingering tastes or sensations.

Try to be aware of how the M&M moves in your esophagus toward your stomach.

Now take as much time as you need to eat the other M&M with the same degree of mindfulness."



SESSION LED BY STUDENTS – 19 April 2022

Post-questions about the exercise:

- How did this experience differ from the way you usually eat?
- Did you automatically start to eat the other M&M's before you were finished with the first one?
- Were you “satisfied” eating one?
- What would it be like if you ate this way most of the time? Do you think it would affect the amount and/or types of foods you eat? Your attitude toward eating? (With mindfulness, healthy eating can become more pleasurable.)