

Mindful Eating: Slow Down and Taste Your Food

Mindful eating is an approach to food that focuses our awareness on the sensual experience of eating. Learn how this practice offers moments of tranquility in the midst of clinical chaos.

1. Set the Stage:

- Find a comfortable seated position.
- Place your meal in front of you on the table.
- Take intentional deep breaths, focusing on the sensations in your body.

2. Connect with Your Body:

- Tune into your breath and bodily sensations.
- Identify feelings of hunger or thirst. What does your body need?
- Pay attention to arising thoughts, sensations, and emotions.

3. Observe Your Meal:

- Look at your food with fresh eyes. Notice colors, textures, and shapes.
- Bring your nose close to the food, inhale deeply, and notice the smells.
- Consider the effort and resources involved in bringing this meal to your table.

4. Cultivate Gratitude (Optional):

- Reflect on the energy, resources, and labor behind the meal.
- Express gratitude for everyone and everything involved in the process.

5. Mindful Eating Process:

- Take a small, intentional bite using utensils or hands.
- Place your utensil down and chew slowly, exploring textures, tastes, and temperatures.
- Notice how flavors evolve and change as you chew.
- Be aware of the different sensations in your mouth.
- Chew 10-15 times before swallowing, following the path of the food into your stomach.
- Notice any lingering tastes in your mouth.
- Reconnect with your body and breath after swallowing.

6. Repeat Mindfully:

- Repeat the process for each bite, savoring each moment.
- Continue as long as desired, maintaining intention and awareness.

Remember:

- **Breathe:** Stay connected to your breath throughout the practice.
- **Be Present:** Focus on the present moment, your body, and your meal.
- **Practice Gratitude (Optional):** Acknowledge the interconnectedness of your meal with the world around you.
- **Enjoy** your mindful eating experience, savoring each bite with presence and gratitude.

Find the complete guide online at:

accelerate.uofuhealth.utah.edu/resilience/mindful-eating-slow-down-and-taste-your-food