

Pause. Notice. Choose.



Mindful Moment: Food and Drink

It may be advantageous to have several different samples of food or drinks available so the participant can notice the choice of an item. Allow them to choose what they want to have their experience with.

1. Start by finding a comfortable sitting position.
2. Pause, take three slow, deep breaths and notice how you feel physically.
3. Take a moment to notice the choices you had, on what basis did you choose this item?
4. Take a minute to just look at the item.
5. Notice the color, texture.
6. Now, take a look at it like you have never seen it before, what do you notice?
7. Imagine where it came from. Was it produced locally or brought over from a very different place? Think about how many people were involved in bringing this to you today.
8. Slowly bring the item close to your nose. Does it have a smell? Does that smell remind you of an event from the past?
9. Continue to notice any positive and negative thoughts you have about the item. Notice what you might be expecting it to taste like at this point. Is your mouth starting to make saliva in anticipation?
10. Now take a moment to taste the item without swallowing. Allow it to roll over your tongue and taste buds.
11. Now you can swallow, what do you notice?
12. Take a moment to check in, how was that to just pay attention to one thing and let all other things go for the moment?

Debrief

I would like to hear from a few of you:

What did you notice during that experience?

What did you like about it?

What did you find challenging?