

Mindful Eating

Materials:

- Any food or snack

What food did you select?

Instructions:

Sit comfortably in a place where you can focus your attention on your experience. **Where did you sit?**

Focus on a single type or piece of food. Pay attention to the way it looks and the thoughts that come to your mind when you look at it. **What types of thoughts did you have during this portion of the exercise?**

Bring the food to your nose and smell it. **What do you notice when you smell the food? What does it smell like? What does it make you think of?**

Now put the food into your mouth, but do not chew or swallow it right away. Pay attention to the texture and taste of the food. **What thoughts do you have when you have the food in your mouth without chewing it?**

Now let yourself chew and swallow the food, but pay attention to the experience of eating the food as you do so. **Notice and document your thoughts and experience as you complete this final step in the exercise.**



The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF) with support from the Department of Health and Mental Hygiene - Maryland Behavioral Health Administration. The Campaign goal, with over 300 community and school champions across the state, is to raise public awareness of the importance of children's mental health. For more information, please visit www.ChildrensMentalHealthMatters.org



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