



5 Minute Mindful Eating Exercise

This 5- minute exercise will allow you to really experience chocolate and practice mindful eating in the process. You read that right eating chocolate for a mindful exercise!

It is best to do this exercise at a time of day when you normally find yourself hungry, but not starving. Make sure you are in a quiet place without distractions.

What you need for this exercise is a table, chair, two squares of chocolate, or a chocolate kiss candy, and a small plate. It does not matter what type of chocolate, as long as it is a kind you enjoy. If you don't like chocolate or are allergic, you can use another type of food such as raisins, almonds, or crackers.

Once you're ready, follow the steps below: You may want to read this over once before doing each step.

Step 1: SET IT UP:

Clear off the table and place the chocolate squares (or other food) in front of you on a small plate.

Step 2: BE PRESENT:

Sit in a comfortable position and place both of your feet flat on the floor. Your body should feel relaxed and supported.

Close your eyes and notice the sounds in the room. Now bring your attention to your breath and notice any thought or feeling. Are you tired? Energized? Stressed? Eager to eat the chocolate already?

Take note of these thoughts or feelings-there is no need to do anything about them, just notice them, and let them be.

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STEP 3: EXPERIENCE THE CHOCOLATE (or other food item)

Using all of your senses, begin to bring your awareness to the chocolate.

1. **SIGHT**: Notice the color, shape and texture of the chocolate. Think of how you might describe how chocolate looks. For example is there a design on the square you never noticed before?
2. **SOUND**: Notice what sounds the chocolate makes. Does the wrapper make a noise? Is there a crunching sound as you break the square? (continued next page)
3. **TOUCH**: Close your eyes and pick up the chocolate. What does it feel like in your hands? Does it feel heavy? Light? Is it hard or soft? Sticky or dry? Smooth or bumpy?
4. **SMELL**: Take a whiff of the chocolate. What do you notice? Does it smell different than you expect? Does the smell make you think of something specific like a childhood memory, or certain holiday?
5. **TASTE**: with your eyes closed, take one small bite of the chocolate. Hold the chocolate in your mouth without chewing or swallowing it. Notice how it feels. Does the intensity of flavor change over time? What happens when you move it around in your mouth over different areas of your tongue? Do you enjoy the taste? Think about how you would explain the taste to someone else who has never had chocolate. Go ahead and swallow the bite of chocolate. Notice any aftertaste, flavors, or other sensations that may arise.

STEP 4: EAT THE CHOCOLATE

Take another bite of your chocolate square. Chew this bite slowly, bringing awareness to the same senses as in the first bite. What stands out most to you? Has the flavor changed? How does this second bite compare to the first?

Check in with yourself now. Are you satisfied, or do you desire more chocolate? If you want the rest of the square, eat slowly and intentionally until it is finished.

Feel free to repeat this exercise with different foods to hone your mindful eating skills.

When you're done, go to the next page and complete the short reflections worksheet.



Mindful Eating Reflections

Take some time to reflect on your mindful eating experience here.

How did you feel before starting this exercise?

How was this experience compared to how you normally eat?

What similarities or differences did you notice between the first and second piece of chocolate?

What was easy or enjoyable about this exercise?

What was difficult or unenjoyable about this exercise?
