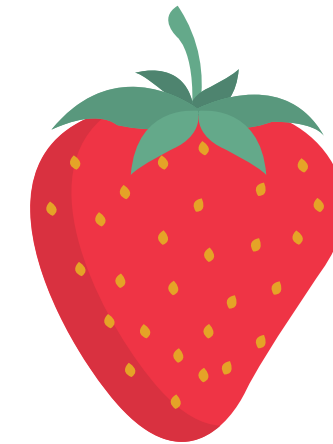


# Mindful Eating Practice

## The Strawberry Exercise

The intention of this practice is to slow down, reconnect with your food and bring awareness to your eating habits.



### Benefits

- Slower eating aids digestion and absorption of nutrients. And, can ease heartburn and acid reflux (GORD)
- Slowing down helps you to gauge your feelings of fullness more accurately and can prevent overeating
- Mindful eating can help to reduce emotional eating. The practice creates space for you to feel what's going on for you emotionally and gives you the opportunity to recognise if you are eating because you are hungry, bored or for emotional comfort
- Cultivates appreciation for your food

### How to:

- Use a strawberry, raisin, orange or any piece of fruit you prefer. Something with a strong pleasant smell is recommended.
- You can do this at your kitchen table or any comfortable space.
- The invitation is to put your phone on silent and remove any distractions like TV, radio or laptops from the space you are in. The intention is to be undisturbed for 10 minutes so you can give all of your attention to your food.
- Before starting, the invitation is to take a deep breath in and then slowly out.

#### 01 TOUCH

Holding the strawberry in your hand by the stalk. Begin by feeling the sensation of the strawberry resting in your hand, Notice its weight, shape and texture.

#### 02 SEE

Look a little more closely, seeing the vibrant red and green colours. Noticing the tiny seeds all over the surface.

#### 03 SMELL

Slowly bring the strawberry closer to your nose and deeply inhale. Noticing how strong the aroma is.

#### 04 GRATITUDE PAUSE

Before taking a bite, sit with gratitude for all the conditions required for this piece of fruit to be in your hand now. The sunlight for the strawberry to grow, the earth, the rain, and the farmers who tended the crops.

#### 05 TASTE

- Notice if you are salivating or feeling ready to eat
- Mindfully take a tiny bite
- Hold it on your tongue without swallowing
- Notice the desire to chew and stay with the sensation of it resting on your tongue
- Notice the flavour
- Very slowly, begin to mindfully chew, staying present and aware of the sensations as you swallow the small piece of fruit
- Mindfully bring the strawberry to your mouth again and take a small bite, allowing the piece to rest on your tongue once more for a moment before chewing
- Focus on tasting the rich flavour
- Bring your awareness to the sensation of the fruit moving down your throat as you swallow
- In your own time eat the remainder of the strawberry with mindful awareness

#### 06 CHECK-IN

- Mindfully check in with your body. How do you feel?
- Are you feeling satisfied?
- Do you feel like eating more?
- How did it feel to eat in such a slow and deliberate way?
- What did you notice?
- Did you find slowing down beneficial?
- How did it feel to eat without distraction?