HOW IT FELT · MINDFUL EATING EXERCISE

The raisin exercise

About five minutes. One small piece of food. Nothing to get right.

1. **Holding.** Take one small piece of food — a raisin, a square of chocolate, a slice of apple — and rest it in your palm. Imagine you have never seen one before.
2. **Seeing.** Look at it properly. The colour, where the light catches it, the folds and edges. Turn it over. Let your eyes take their time.
3. **Touching.** Roll it between your fingers. Is it smooth, sticky, ridged, soft? Close your eyes if that helps you feel it.
4. **Smelling.** Bring it close to your nose. Notice whatever is there — a strong smell, a faint one, nothing much — and anything that happens in your mouth or stomach as you do.
5. **Placing.** Put it on your tongue without chewing. Notice how your hand knew where to go. Explore it with your tongue for a few moments.
6. **Tasting.** Bite once, slowly. Notice the flavour as it arrives and how it changes. Keep chewing slowly, without swallowing yet.
7. **Swallowing.** When you are ready, notice the intention to swallow before you do it. Then swallow, and follow the sensation as far as you can.
8. **Afterwards.** Sit for a moment. What is left in your mouth, your body, your mind? There is no right thing to have felt.

Afterwards, a few words

What did I notice that I usually miss?

What was my mind doing while I ate?

Anything I'd like to bring to my next meal?

Adapted, in our own words, from the eating meditation in Mindfulness-Based Stress Reduction (Jon Kabat-Zinn). howitfelt.app