



Mindful Eating

Helps us to focus

- Take a moment to look at the food
- Close your eyes and take time to smell it
- Slowly take your fork and place some food in your mouth and chew it slowly (20 times)
- Put your fork down
- Notice the textures, flavours, sounds
- Swallow the food and sit for a moment with the taste still in your mouth
- Repeat. Notice the urge to speed up
- Try it once a day, even for 5 minutes

