

# Instructions for **EATING MINDFULLY**



1

## **SIT IN A QUIET SPACE.**

Earn bonus points for eating in nature, as that provides us with additional benefits.

2

## **TURN YOUR ATTENTION TO YOUR FIVE SENSES.**

- What do you hear in your environment?  
Can you hear yourself eating?
- What do you see in your environment?  
How does your food look?
- What do you smell in your environment?  
How does your lunch smell?
- What do you feel? Can you feel your feet on the ground?  
Your back on the chair? How does the food feel in your mouth?
- Finally, pay attention to how your food tastes.

3

## **NOTICE THE IMPERMANENCE OF YOUR LUNCH.**

Notice how the food travels into your mouth, is there for a bit while you chew, and then is gone!