

## **Mindfulness Monday No. 2 – 16th May 2016**

### **Welcome to our second Mindfulness Message.....**

One of the strategies that was very well- received in the BSS Mindfulness workshops was about looking at the way that we eat. The exercise involved touching, smelling, savouring, tasting and swallowing a delicious organic chocolate coated strawberry. The point was made that so much of the time we spend eating is time that we don't pay any attention at all to what we are doing. Mindful eating is all about reconnecting with the sensations of taste and smell of eating, sensations that we tune out of when we are also checking the mobile phone, watching TV or reading the paper.

Mindful eating is helpful in considering our diets. It teaches us to listen to our bodies and to discriminate between eating for emotional reasons, ie comfort eating, and eating because we are hungry. It would be interesting to note how our intake of food might change if we regularly practiced mindful eating.

There are a number of things that you can do to practice mindful eating. The first is to make a decision to eat slowly. Eating slowly means chewing every mouthful so that every taste, texture and smell of your food can be experienced. The second is to choose to eat in silence. That means switching off TV, radio, as well as mobile devices. Finally, thinking about the source of the food that you eat, (where was it grown? By whom? How did it get to my plate?) will contribute significantly to increasing your awareness.

Have a great week eating mindfully!

*Dr Annmaree Wilson*