

# Mindful Moment: Eating/Drinking

## Introduction

Mindful eating and drinking can be used to reduce stress and help develop healthy food relationships. Sometimes we tend to be in such a hurry that we do not enjoy each drink or savor each bite. When we are present and mindful with our eating and drinking, our overall wellness improves as well.

There are several eating or drinking activities to practice mindfulness. Below, you will find one activity for drinking and one activity for eating.

### Activity 1: Mindful Drinking with Coffee or Tea

1. Bring all your attention and focus on the process of drinking your coffee or tea.
2. Engage all your senses.
3. Watch the steam roll off, and put your face over your mug to feel the heat/steam.
4. As you hold your mug, notice how your fingers wrap around parts of the mug or cup. Are there different textures or curves? Feel the heat from the mug warm your fingers and hands.
5. Bring the mug slowly to your lips and feel the contact of the mug on your lips. Take your first sip slowly. Notice the flavors and the warmth in your mouth.
6. As you swallow the warm liquid, notice the sensations while it goes down your throat and warms your body.
7. Repeat for a few more sips.

### Activity 2: Mindful Eating

1. Give each participant a small piece of food like a raisin, nut, cookie, or piece of chocolate.
2. Explore the food using as many senses as possible.
3. Listen as the food is unopened, passed out or unwrapped
4. Look at your piece of food - notice the color and texture.
5. Close your eyes and explore the food with your hands. What does it feel like?
6. Before you eat it, use your sense of smell and enjoy the scents.
7. When you are ready to eat your piece of food, take small bites and chew slowly. Enjoy the flavors and textures on your tongue.
8. Pay attention to the sensory experience of eating.

### Discussion Questions

1. Did this exercise help you slow down and enjoy eating?
2. Will you practice mindful eating in the future?
3. How does this exercise help reduce stress?

For more information and activity resources visit :<https://u.osu.edu/4hjournal/>

Created by Jessica Runkel, 4-H/ANR Program Assistant, Mindful Moment Series 05/07/2021

