

# Mindfulness Exercises



Mindfulness means living in the present moment and being intentionally more focused on what is happening in your surroundings – without judgement. Mindfulness encourages slowing down and letting negative thoughts pass before responding to situations. When you give yourself time to pause, you likely will notice a sense of calm and a greater awareness of your emotions. Mindfulness as a tool is beneficial for overall wellness and can be utilized at any time with noticeable results. Like anything new, it takes practice to become efficient at using mindfulness in times of need.

## Mindfulness Exercise # 7: Eating

Today, eating snacks and meals has become a mindless activity, like eating in front of the TV or on the run during a busy day. When we take the time to stop and eat with intent, we can create a calm mindful experience that shifts us back into the present moment. Practicing mindful eating is simple; the trick is allowing yourself the time to do so. Sit down to enjoy your meal, use your sense of smell, appreciate the presentation of your food, and notice the flavours and textures. Chew slowly, close your eyes, engage your sense of smell and appreciate the meal. Notice how the food tastes; is it sweet, salty, savory, or bitter? How does it feel; is it chewy, silky, soft or crunchy? Take your time and notice everything about your food. By slowing down your eating and making it an exercise in mindfulness, you are not only benefiting from the overall sense of calm but your digestive system will function more efficiently. Practicing mindful eating is a simple way to improve your wellbeing every day.