

7 Guided Mindful Eating Exercise

STEP ONE

Set the Scene

Choose a quiet place to eat. Take a few deep breaths to center yourself.

STEP TWO

Observe Your Food

Notice the colors, textures, and aroma. Take a moment to appreciate the effort behind the meal.

STEP THREE

Take a Small Bite

Place the food in your mouth without chewing right away. Feel its texture and temperature.