

Transcript: Mindfulness Series: Episode 1 ~ Mindful Eating

From EITA, this is Episode one of our mindfulness series, I'm Shelly Chapin. Welcome everyone. In this first episode, Jennifer Furness will walk you through a three-minute mindful eating practice. Jen is an Educational Consultant with Pennsylvania Early Intervention Technical Assistance, who trains others on mindfulness as she continues her own practice. Here's Jen.

Hi, everyone, this is Jen, and today we're going to engage in a mindful eating exercise. So take a moment to grab one bite of food. Or maybe it's a piece of food like a blueberry or something already on your fork, and get ready. While you're doing that. Listen to these three facts about mindful eating. We already know from research that we don't enjoy food when we're shoveling it into our mouth as fast as we can. Eating on autopilot can often lead to overeating without you even realizing it. And when we're eating super-fast, your digestive enzymes don't have time to work their magic. So now that you have your snack in front of you, the first thing I'd like you to do is simply look at it. Look at that bite of food, or piece of food, whatever you chose to have in front of you. Look at the colors, the shapes. Imagine what the textures might feel like in your mouth. Take a minute to notice how grateful you should be for having this piece of food in front of you, and that it was probably easy for you to get that piece of food today. Think about where it came from, and everything involved from getting it to grow to being on your fork or on your plate right now. Now pick up that piece of food and put it into your mouth. Once it's in your mouth, don't do anything yet. Set your utensil down if you're using it and bring your awareness to your mouth. Feel the texture with your tongue. Notice the flavor. You might even want to close your eyes to actually help you isolate the sensations you're feeling in your mouth. Now start to chew the food and chew it until it's completely dissolved. This may take 20 or more chews, but remain patient and enjoy the process. Realize the actual flavors, and where the flavor is hitting your tongue. Take your time and appreciate what your mouth is doing. Is your tongue moving around? Is your jaw moving back and forth? Do you have saliva in your mouth? Is your mouth watering so much that you can feel all the sensations all over the inside of your mouth? Finally, swallow your bite. Feel the food moving down the back of your throat and realize that it's starting its own journey to your stomach. What you have just done is taken a mindful bite. You have engaged successfully in mindful eating, and if you do this for the first bite of every meal that you eat, you will actively, automatically, become more aware of what you're putting in your mouth, how your food tastes, and you will certainly notice when you're full. Thank you so much for engaging in that time today with me and really giving yourself the time that it deserves.

A big thank you to Jen. Be sure to check out the other mindful practice podcasts in the series. If you want to learn more about mindful eating. You'll find the link to a nice resource in the description for this episode. Have a great day, everyone.