

## Mindfulness - Getting the Full Experience

At the core of meditation techniques is the concept of mindfulness – being fully aware of a task at hand. Practicing simple mindfulness can help you live in the moment – a key to inner peace and calm.

For example, the next time you reach for a piece of fruit:

- Notice the colour & texture of its skin.
- Breathe in its aroma. Try to describe it in your mind.
- Think about where it came from and how it got to you.
- As you bite into it, think about how it affects your senses.
- How does the bite sound? Feel? Taste?

### **Activity - Guided Mindfulness Exercise with Chocolate/Gum**

Tell participants to hold the gum/chocolate close to their mouth but not to put it in.

*What does it smell like? Look like?*

After a minute, let them put it on their tongue but not chew it.

Be aware of taste and texture.

After another minute, let them chew it once or twice but nothing more.

What does it taste like, feel like?

What is happening to you?

Continue to chew slowly.