

Mindful Eating Script



[Speak in a warm, natural voice]

Welcome to this mindful eating practice. Let's take a few minutes to slow down and really experience our food together. Find a comfortable position where you can relax but still sit upright. Feel your feet on the floor, and let your shoulders drop a bit.

Take three deep breaths with me. Breathe in... and out. This is a chance to step away from the rush of your day and just be present with your meal.

Before we start, think about what you'd like to get from this practice. It could be simply to enjoy your food more thoroughly. Maybe it's to notice when you're satisfied. Or you're curious about eating with more awareness. Whatever brought you here is just fine.

[Brief pause]

Take a moment to really look at the food in front of you. Notice the different colors on your plate, the shapes and textures you can see, and how the food is arranged.

Think about where this food came from – the growing, preparing, and cooking that brought it to you today.

[Short pause]

Now, notice how your body feels right now.

Are you feeling hungry? How do you know?

Is your mouth watering as you look at your food?

How does your stomach feel? Is it empty or partly full?

There's no right or wrong way to feel. Just notice what's happening for you right now.

[Short pause]

Now, take a moment to smell your food. What aromas do you notice? Are they strong or subtle? Familiar or new? Just notice how these smells affect you.

[Short pause]

Then, pick up a small bite of food. Feel its weight and temperature. Notice its texture against your fingers or utensils. Take your time here.

[Brief pause]

Before you take that first bite, take a second to appreciate the food itself, where it came from, the people who helped get it to you, and the fact that you have this nourishment today.

Now, take that first bite.

Before chewing, notice the initial sensation as the food touches your mouth and feel the temperature and texture on your tongue.

Pay attention to the first flavors you recognize.

Then, start chewing slowly. Notice how the food changes as you chew. How do the flavors develop? When you're ready to swallow, notice that sensation, too.

[Long pause to give them time.]

As you continue eating, try to stay present with each bite. Notice when your mind wanders, and gently bring it back. Pay attention to how the flavors might change as you continue and notice if your enjoyment of the food shifts over time.

[Long pause to give them time.]

Between bites, you might put down your utensil and take a breath. This helps you stay present rather than rushing to the next bite.

As you continue, pay attention to your body's signals.

Be aware of how your stomach feels as it fills. Recognize when the food tastes less satisfying than the first few bites. Notice if your body naturally slows down.

These natural cues can help you recognize when you've had enough.

[Short pause]

Finally, as you finish eating, notice how your body feels different from when you started. Be aware of your level of satisfaction and take a moment to appreciate the nourishment you've received.

[Short pause]

Take three more breaths, bringing your awareness back to the room. Even if you only bring this awareness to a few bites during your regular meals, you're developing a healthier relationship with food.

Notes for practice

- This script works well recorded in your voice or read aloud by a guide.
- Adjust the pause lengths based on what feels comfortable.
- Consider using a simple food item like a fruit or small snack for groups.
- You can shorten this by focusing on just a few elements that feel most helpful.
- Adapt the language to suit different audiences – clients, friends, or personal use.