

Theme A: Tips to Take Away: More Ways to Practice Mindfulness in Action

Mindful Eating

- Break out of eating on “automatic pilot.”
- Experiment with eating mindfully by paying attention to all the sensations of eating.
- Try eating a snack or a meal in silence.
- Look at the food on your plate with curiosity: notice colors, textures, shapes, aromas, and so on.
- Slow down the pace of eating.
- Before chewing, experience what the food feels like in your mouth.
- As you chew, notice all the sensations.
- Try practicing gratitude for all the people whose work made it possible for you to eat this food.

Mindful Walking

- Pay attention to all the sensations of movement as you walk.
- Notice the contact of your feet with the floor or the ground.
- Notice the sequence of each step by slowing down your walking in the following way: Lift your right foot, place the heel down, and then place the upper part of the foot down. Repeat with the other foot.
- As you move from place to place, use the transition as a time to be in your body by experiencing the sensations of walking.
- Feel the movements of your body as you walk up stairs.
- Choose a period of time to practice mindful walking. Select an area or path (even in your bedroom) where you can practice undisturbed. Begin by slowing down your pace and focusing your full attention on an aspect of walking (for example, your feet, the movement of your legs, and so on). When your mind wanders, just bring your attention back to the experience of walking.