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Heart of Relaxation Services

Peace in the moment

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Mindful Eating Exercise

Choose an orange or a piece of your favorite fruit~

- Do only this, no distractions or multi-tasking for this time.
- Take a few deep breaths and relax the body.
- Take a moment to appreciate where this fruit came from; look carefully at its color, texture, and shape.
- Notice the wonderful smell as you begin to peel or cut it.
- As if for the first time, see how the orange is formed into sections; and then gently break it apart.
- Eat one section at a time, very slowly, as if you had never tasted this fruit before.
- How do you chew? On one side of your mouth, the other, or both? How many times do you chew before swallowing? Slow down if you start to hurry.
- When you notice any distraction from being with your experience of eating, stop with your mouth empty, take some deep breaths, and when focused, continue.
- Allow feelings to arise as you experience eating in this way.
- Savor, enjoy, and relax.