

Setting the Stage

How can you set the context of your eating so that you're centered, calm and mindful?

Read the items below, either to yourself or out loud. Pause between each one and think about its meaning.



Relax. Arrive. Be attentive.

Enjoy. Taste. Feel. Smell. See.

Open up. Savor. Slow down. Take your time.

Be deliberate. Appreciate. Have fun.

Give thanks. Don't rush. Experience every bite.

Take only what you need. Be in harmony.

Be gracious. Live in dignity.

Treat yourself well. Enjoy those with you.

Cut out the box above on the dotted line and put the paper next to your plate for lunch or dinner. Take a mindful moment and read the card before you begin eating.

Set the stage for eating in a purposeful, wakeful way.

More

What words might be missing from this box that would help you even more to be grounded as an eater? Make your own card! Borrow items from the one above or start from scratch.

Perhaps all you need is just one word or phrase from the card. If so, use a marker and write that word or phrase on a 3x5 card. Use the card each time you eat.