Mindful Eating Exercise

1. Hand Sanitize.

2. Admire the color, shape, and texture of the fruit.

3. Oranges grow on trees in warm climates. Close your eyes and imagine where your orange grew. Can you feel the warm sun? Can you smell the blossoms? Can you see the fruit on the trees?

4. Open your eyes and smell the orange.

5. Place the orange on a napkin or piece of paper towel. Roll the orange firmly on the table to release the orange essence.

6. Pick up the orange again and smell the essence.

7. Peel the orange slowly, taking time to enjoy the aroma, texture, and color.

8. Take time to smell the orange again. Does it smell stronger? Sweeter?

9. Separate a couple of segments. Examine their inner structure – hundreds of tiny juice-filled pockets.

10. Take time to eat the orange, piece by piece. Taste the orange; take your time to chew. Focus only on the orange and dismiss all other thoughts.