

## Practice of Mindfulness

Here are a few examples of mindfulness practice applied to every day situations:

### Meditation

Listen to mindfulness meditation provided as part of My Food Romance program! First couple of times you may like to really relax and be somewhere, where you feel safe and comfortable.

After that you can even listen to this mediation on a low volume while doing other (preferably cognitive!) tasks, e.g. cooking, reading a book or responding to emails. While your conscious mind will be busy with whatever your doing while subconscious mind will know what to do! IT'S REALLY AMAZING!

**IMPORTANT DISCLAIMER:** Because of hypnotic trance, any of these meditation are strictly prohibited while driving or operating machinery.

### Mindful walking

Choose where you will walk. Safe and repetitive environment is the best, you can also walk forwards and backwards if you like.

1. Take a few breaths and gather your awareness of your body, it's position and focus your awareness in your feet. Feet the sensation of your feet on the ground.
2. Start with taking easy steps, with each step bringing your attention to the sensations in your feet. Feel the pressure, stretching, notice the temperature. If you walk barefoot, feel the texture changing underneath your foot as it touches the ground. The air against your skin. Note the difference in sensations between your left foot and your right foot.
3. If your mind wanders always and becomes lost in thinking, in planning or an emotion arises, or you start judging yourself, simply accept it – and – without judgment – return your attention to the sensations in you feet.
4. Gradually become aware of the colours and what you see around yourself, as you walk. Notice the shapes, movements, changes of light and colour. Again, put aside judgment, labeling, instead being present with what you can see.
5. Turn attention now to notice any sounds you can hear, focus on your hearing and become aware of the auditory discovering.
6. What about smells? Take a few deep breaths and let all the smell to come into full awareness, noticing different smells now with a detached witness attitude. Some may be stronger than other, some smell are more pleasant. Continue to breath naturally. In the end of your practice simply bring your attention to the soles of your feet now. No matter where you're mind wandered to in the practice, just notice the feet again touching the ground.
7. Take a deep breath and assess your state of awareness now. What changes can you notice?

## MY FOOD ROMANCE: RECOVERY Week 2

### HOMEWORK

#### Mindfulness in everyday activities

You can apply mindfulness to any activity, the main rule is to be present in the moment and paying attention to all your senses.

Example exercises:

#### Taking shower

Before starting this practice, observe a couple of times what your inner state is when you shower each day?

Are you living in the past, present or future?

- Do you plan your day while taking a shower? (future oriented)
- Do you think of what you are going to wear that day or what will you eat for breakfast? (future oriented)
- Do you listen to the noise of other household members are making and think about what are they doing? (ruminating, not being really in the present moment)
- Do you think about what happened at work or at home, conversation you had a day before?
- Do you attempt to relive the scenario of the past in order to improve the outcome: regret saying or doing something and wishing you behaved differently? (ruminating about past)

Now, following this simple exercise and notice the changes:

**Breathing:** take a few deep breaths, notice the sensations in your body associated with breathing, muscles involved and where the sensations predominate

**Position in space:** Close our eye and focus on the space your body occupies in the restricted environment of the shower. Notice your body posture, feel your feet being in contact with the floor; note the imprint of your feet on the floor. Note the automatic movement of your body that allows you to maintain the balance. Notice all the space outside of the body and inside the shower.

**Hearing:** Listen to the sounds of running water, splashes on the floor and against your body. Hear any sounds you can detect while using the shampoo, gel or soap.

**Smell:** Close your eyes and inhale to feel the smell, smell the water, the aroma of the soap or shampoo, subtle smell of your cleansing body.

**Touch:** Feel the sensations on your skin and hair as you massage it with the shampoo or rub with the facecloth. Is it pleasant and comfortable? Is water temperature soothing? Observe without judgement. You do not have to respond to any thoughts arising, let them drift freely away as they please while you stay focussed on the sensations.

**Taste:** Notice if you can taste humidity in your mouth.

## **MY FOOD ROMANCE: RECOVERY Week 2**

### **HOMEWORK**

*Sight:* Open your eyes and look around, paying attention to all the colours, shapes and details around it. Count any colours, observe the flows and textures.

*Position in space:* Close your eyes again and observe one more time the imprint of your feet on the floor, the sway of your body and the quality of your breathing. Note if they are the same sensations you experience at the beginning of your practice? Is your body more comfortable now?

*Breathing:* Observe your breathing and feel the difference.

### **Mindful eating**

Start this practice with your choice of a simple piece of food (like apple, carrot or banana), then you can extend it to your full meal.

Initially it is best to do this practice when you are alone and all interruptions (radio, TV, phone, computer) are turned down

*Breathing:* Take a few deep breaths, notice the sensations in your body associated with breathing, muscles involved and where the sensations predominate

*Position in space:* Turn your attention inward. Notice your body position, feel your feet being rooted on the ground that supports your weight. Picture the imprints of your buttocks on the chair, mentally observe the curve of your spine from the lumbar area to the neck, and notice any tension. Observe your jaw. Notice if your mouth is dry?

*Sight:* Open your eyes and take a look the piece of food you are about to eat. Explore, note it's size, shape, imagine that you are seeing it for the first time in your life.

*Touch:* Feel the texture of this piece, notice the changes in the texture as you observe it from all the different sides with curiosity.

*Smell:* Bring this food under your nose and smell it. How does it smell? Do you smell the freshness?

*Hearing:* Bring this piece of food next to your ear and close your eye again. Listen to any sounds you can hear of you manipulating this piece with your fingers.

*Taste:* Now bring it to your lips. Do not bite just yet, instead feel this food with your lips. Observe the temperature, texture, smoothness or hardness. Bite with your teeth and note which teeth took a bite. Bite again. What do you taste? How intense is this taste. How would you describe it if you were writing a book about your experience?

Now chew until you ground it well. Notice where you keep the pieces of this food while they are in your mouth and before you swallow them? Perhaps, you can feel them on your tongue? In front of your tongue on your lower jaw? On the side of your inner cheek? Now mindfully swallow and notice the sensation in our throat.

## MY FOOD ROMANCE: RECOVERY Week 2 HOMEWORK

Take a few more bites in this way to finish eating this piece of food that has now become a new type of food, triggering many sensations.

*Position in space:* Close your eyes again and observe one more time the imprint of your feet on the floor, the imprint of your body in the chair, the alignment of your spine and the position of your jaw.

*Breathing:* Observe your breathing and feel the difference. What has changed?

### Express Mindfulness Technique

#### Count on Your Senses 5-4-3-2-1

When you have trouble clearing your mind of thoughts of food, try focusing on your senses.

1. State one scent you can smell.
2. Name two sounds you can hear.
3. Describe three sensations your body is feeling, such as temperature, the texture of your clothes, your feet against the ground.
4. Identify four colours that you see.
5. To yourself, begin by naming five things you see in front of you.

When you finish doing this, it's likely that you will be thinking about nothing, not even food—unless there's food directly in front of you. If you are still thinking about food, repeat each step until you notice that your thoughts are less clouded by food cravings.

(Adapted from the book "50 Ways to Soothe Yourself Without Food" by SUSAN ALBERS, PSY.D. author of "Eating Mindfully")