

Living mindfully is a strategy that supports achieving a healthy weight. It simply means paying attention to the events, activities and thoughts that make up your daily life instead of operating on “autopilot”. It is taking time to think about the choices you make and doing things on purpose. Below is an example of an activity to enhance mindfulness.

Consider the Raisin

Follow the steps below to mindfully consider the raisin.

1. Place a raisin in your mouth and close your eyes but do not begin chewing yet. Let the raisin sit on your tongue as you taste its flavor and explore its texture, shape and firmness.
2. You may feel your thoughts wandering or experience an urge to swallow the raisin. Bring your focus back to the raisin.
3. Again take your time and notice its flavor, texture, shape and firmness. Is it flavorful? Is it smooth or bumpy? Is it perfectly round or some other shape? Is it beginning to soften?
4. Begin to slowly chew the raisin. Notice how your tongue, teeth and jaw move against the raisin. Have the flavor, texture, shape or firmness changed?
5. Swallow slowly and sense the movement of the muscles in your throat and tongue.
6. Take a deep breath and open your eyes.
7. Take a moment to reflect upon the experience. What was it like? Did you notice anything in eating this raisin that was different than when you have eaten raisins on previous occasions? How was it different?

