

## Raisin exercise / mindful eating

You will need a raisin or some other small snack for this exercise. If you do not have a snack to hand, you can get one now.

Examine the raisin or snack as if it were an object. Imagine that you have never seen an object like it, as if the object had appeared from a foreign planet and you are seeing it for the first time in your life.

Pick the object up. Hold it in your palm or between your index finger and thumb. Look at the object. Notice what you see. Examine it carefully as if you were looking at it for the first time ever.

Turn it around in your fingers and feel its surface. Observe what it feels like in your hand.

Examine the lights and shadows on its surface. Visually examine every millimetre of it, as if you had never seen anything like it before.

If you find yourself thinking that the exercise seems peculiar, questioning the point of the exercise or disliking the exercise during the exercise, acknowledge these thoughts and focus back on the object.

Bring the object close to your nose. Pay attention to the scent of the object with each breath in.

Now put it in your mouth slowly. Notice how your hands and fingers know exactly where to place the object. Maybe you notice what is happening in your mouth as you do this. Observe what it feels like, but do not bite. How does it feel?

Feel the object with your tongue. Observe any sensations you have as you move the object around in your mouth.

When you are ready, bite into the object very deliberately. Notice what is going on. What does the object taste like? Chew the object slowly. Observe what happens in your mouth. How does the object's composition change?

When you feel ready to swallow, first observe the intention to swallow. Try to be aware of the mere intention to swallow before you actually do it.

Finally, try to focus on the swallowing sensation alone. Can you notice the object moving into your stomach? Do you have an aftertaste in your mouth? Then, observe the absence of the object in your mouth. What is your tongue doing when the object is gone?

### YouTube video of the exercise

<https://youtu.be/TS2xe8LdTUo>



Helsinki

Digimieli

