



## Mindful eating | Jonny's Mental Health Story

### Video transcription

So I've been practising mindfulness for few years now, and the first time I ever practised mindfulness was doing something called an eating meditation, and you can do this using grapes, raisins, chocolate, just something small. And I'm going to use a grape and I'm going to eat it mindfully. Now, you do this using all of your senses, so you start off by using the sense of touch, by feeling what's in your hand, what's the texture? Is it heavy? Is it light? And then, you use the sense of smell. So what does it smell like? Does it have any smell? Mine doesn't have much smell really. So you're really exploring it, mindfully, using all your senses.

You can even put it to your ear. Has it got any sound? Is there any sound to it? And then next we actually put it to our lips, see what happens when you put it to your lips. Can you feel the saliva build up? What's going on there? And then next you actually eat it, very slowly, very mindfully.

So yeah, you take a bite of it and then really taste it on your tongue – don't swallow it, really taste it. What does it taste like? Mine's very juicy, and then you start to crunch down on it. What does that feel like to crunch down on it? Got more juice coming out. We do this very slowly, move it around your mouth. See what different experiences there are. Mine is starting to get very small, the piece in my mouth. And then finally of course you swallow it. You do this very slowly, you actually feel it going down. What does it feel like?

Um, so the first time I ever did this, I did it much slower than that but the first time I ever did that, I... There was silence in my head. There was peace of mind and I've never had that before, complete silence in my head, it was really amazing. So yeah, I'd



recommend trying out the mindfulness eating exercise, and I'd recommend subscribing to the Mind YouTube channel, where there's loads more on mindfulness. Thank you.