

A Chocolate Meditation...

...to make it through the holidays



Relax and take a moment for a more peaceful holiday season. Indulge in a piece of chocolate and use the meditation below to increase your enjoyment by reconnecting with your senses. This small mindfulness activity can help us to recognize and acknowledge our thoughts and feelings, without judgment, so that we are more able to focus on the seemingly simple things that can create peace and happiness while increasing our resilience life's challenges.

Consider the wrapped chocolate - Does the wrapper make a sound? What color is it? What does it say? Where did it come from?

Open the chocolate, slowly - Do you feel a sense of anticipation, or an urge to immediately put the chocolate in your mouth? What physical sensations do you have? What emotions are you feeling? Just note them.

Look at the chocolate - Consider its texture, color, weight...

Smell the chocolate - does the smell trigger any other senses? Where do you feel your sense of smell?

Take a bite of the chocolate but DO NOT EAT. How does it feel as it melts? Where in your mouth can you taste it? What is the consistency? What is happening with your mouth, teeth, tongue, and lips as it melts?

Move the chocolate around your mouth. Does the area of taste change? Does the taste itself change? What is happening to the chocolate? How do you feel?

Swallow the chocolate, focusing on the sensation. Is there a lingering taste? How do you feel physically and emotionally?

Take a little while to consider the experience. How was this different from your general chocolate-eating experiences? More intense? Frustrating? More pleasurable? Were you more aware of your emotions during the exercise? Would this change your future experience of eating chocolate? Why?

If you would like additional information on the *Healthy Lives* program please contact us at 855-425-4325 or via e-mail at healthylives@fmolhs.org.