

Wheel of Wellbeing

Place: *Chocolate Meditation*



Overview of the activity

Chocolate meditation is a gentle mindfulness practice that involves focusing on a piece of chocolate, using all five senses to slow down and savour the experience.



Why do this?

It's a simple and effective way to practice mindfulness and focus on the present moment. The practice encourages slower eating, allowing you to appreciate your food more and counters the habit of mindlessly consuming food. You can become more aware of your body's responses to food and develop a greater connection with your senses. The focus on sensory experience and breath can promote a sense of calm and relaxation.



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Instructions

This exercise should take around 3-4 minutes. Approach it with an open mind and a gentle curiosity. There are no rights or wrongs, just individual experiences.

Step 1 - Anticipate

- Take a small piece of chocolate (preferably dark)
- Look at the chocolate - consider its texture, colour, weight...
- Smell the chocolate - does the smell trigger any other senses?
- Where do you feel your sense of smell?
- What physical sensations do you have? What emotions are you feeling? Just note them.
- Do you feel a sense of anticipation, or an urge to immediately put the chocolate in your mouth?

Step 2 - Savour

- Place the chocolate in your mouth 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, 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.

Step 3 - Reflect

- Is there a lingering taste?
- 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?



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