

Cooking and Mindfulness

A Guide by the New Jersey Self-Advocacy Project

For the recorded video please go to:

<https://www.arcnj.org/programs/njsap/webinars.html>

1. Before you begin:

- Check in: Where is your mind at?
- Free your space of distractions
- How can I learn from this?

-Ground yourself

- Take the recipe step by step
- Set your intention for the meal
- Notice your hunger level

2. Preparing the dish:

- Appreciate your food (where it came from, how it got here, who handled it in the process)
- Use your senses to tune into the ingredients

3. While it cooks:

- Continue to stay clear of distractions
- Notice if your mind wants to travel and gently guide it back without judgement.
- Bring attention back to breath while waiting
- Come back to your senses

4. When food is done:

- Use your senses to determine when its done
- Acknowledge the time and effort you put into making this mindful meal.

5. Before you eat:

- Continue to free your space of distractions (very important while you eat)
- Carve out 20-30 minutes to eat your meal
- Do your best to remain seated
- Chew before engaging in conversation
- Finish your bite before you pick up your utensil and make your next bite.
- Savor the experience by using all of your senses
- Gratitude and appreciation for the food you will use for fuel

6. Remember:

- Cooking is an act of self-care
- Small steps each day
- This can become a healthy habit

