

Thoughtful “Flavors”

In mindfulness practice, being able to “see” your thoughts and then let them pass can be a challenging skill to learn. In this exercise, you will practice associating your thoughts with the sense of taste. Taste can evoke memories, feelings, and sensations - from the bitterness of a medicine to the sweet comfort of hot cocoa. Try writing your thoughts down and see how they taste!

What you’ll need:

- Notecard or piece of paper
- Pen/Pencil or writing utensil



Here’s what to do:

1. Grab a piece of paper and a pen.
2. Sit somewhere comfortable.
3. Take some time to write down the thoughts you are currently having.
4. Once you are done writing, look back at what’s on your paper and ask yourself; “what might each thought taste like and why?”

Mindful Moment

One roadblock that can keep you from engaging in this exercise is the feeling of being overwhelmed by incoming thoughts. A way to combat this is by practicing detachment and just observing your thoughts in a different way. For example, labeling your thoughts as different flavors can help you focus on observing individual thoughts while separating them from your feelings.

Your Mindfulness Journey

As you practice mindfulness, you can make activities like getting out of bed, walking to the bus, cooking, or hanging out with your friends or loved ones mindful moments. Practicing your mindfulness gives you strategies that can help you change how you see yourself and the things you can achieve. You can use them to self-soothe and bring peace and awareness to your day-to-day life.