

# Mindfulness Exercise

---

## Next time you drink a cup of coffee, tea or hot chocolate...

Hold the cup in both hands.  
Focus your attention on the warmth you feel.  
Bring your face close to the cup take a really deep breath.  
Notice any warmth, steam or aroma.  
Notice the sensation of what is happening inside your nose.

Place your lip on the edge of the cup but don't take a sip.  
Stay there for about 5-10 seconds.  
Notice what is happening inside your mouth.  
Notice the feel of the cup against your lip.

Take a small sip, **don't swallow**.  
Hold the liquid in your mouth for at least 30 seconds focus on the sensations:  
The taste, sweetness, bitterness, smooth, creamy, hot and then cooling to the temperature of your mouth.  
What part of the tongue is being affected?  
Notice how the liquid moves around your mouth.  
Swallow.  
Feel the liquid moving down your oesophagus.

Then you can drink the rest in a mindful way.

Think about what the experience felt like, how much more you were able to gain from drinking your coffee (or tea, or hot chocolate)

You can use mindfulness in all parts of your life,

- when you shower,
- when you are engaged in talking to someone,
- going for a walk.

It allows you to bring your attention to the moment and allows distracting thoughts to move away.

This is helpful if you feel worried or sad, when you may be experiencing discomfort or pain.