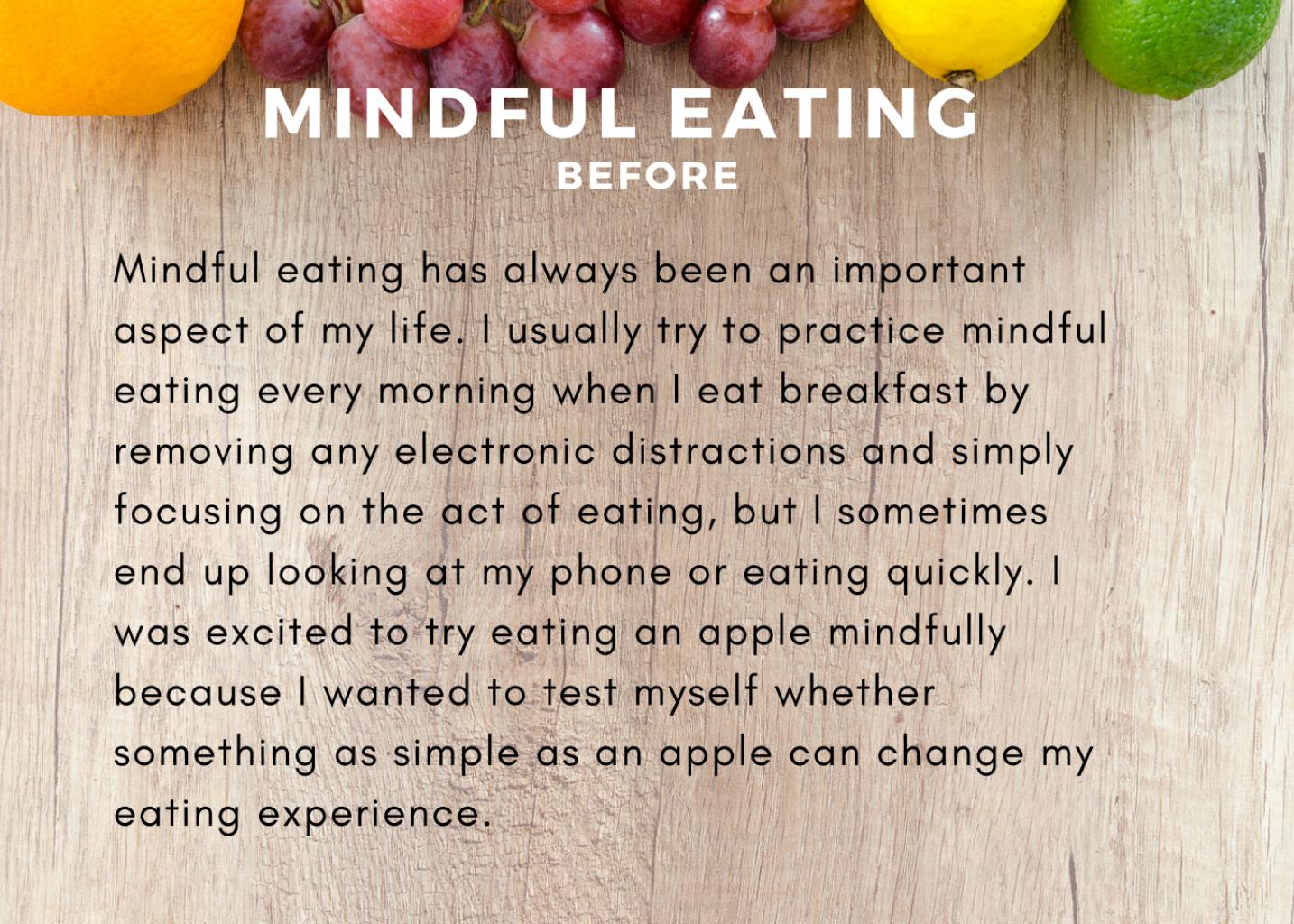
The background of the image is a photograph of a calm lake with a dense forest of evergreen trees on the opposite shore under a clear sky. In the lower right foreground, there is a stack of several large, light-colored rocks partially submerged in the water.

# PGC DAY 19 WELLNESS

ashley liu  
greenasl

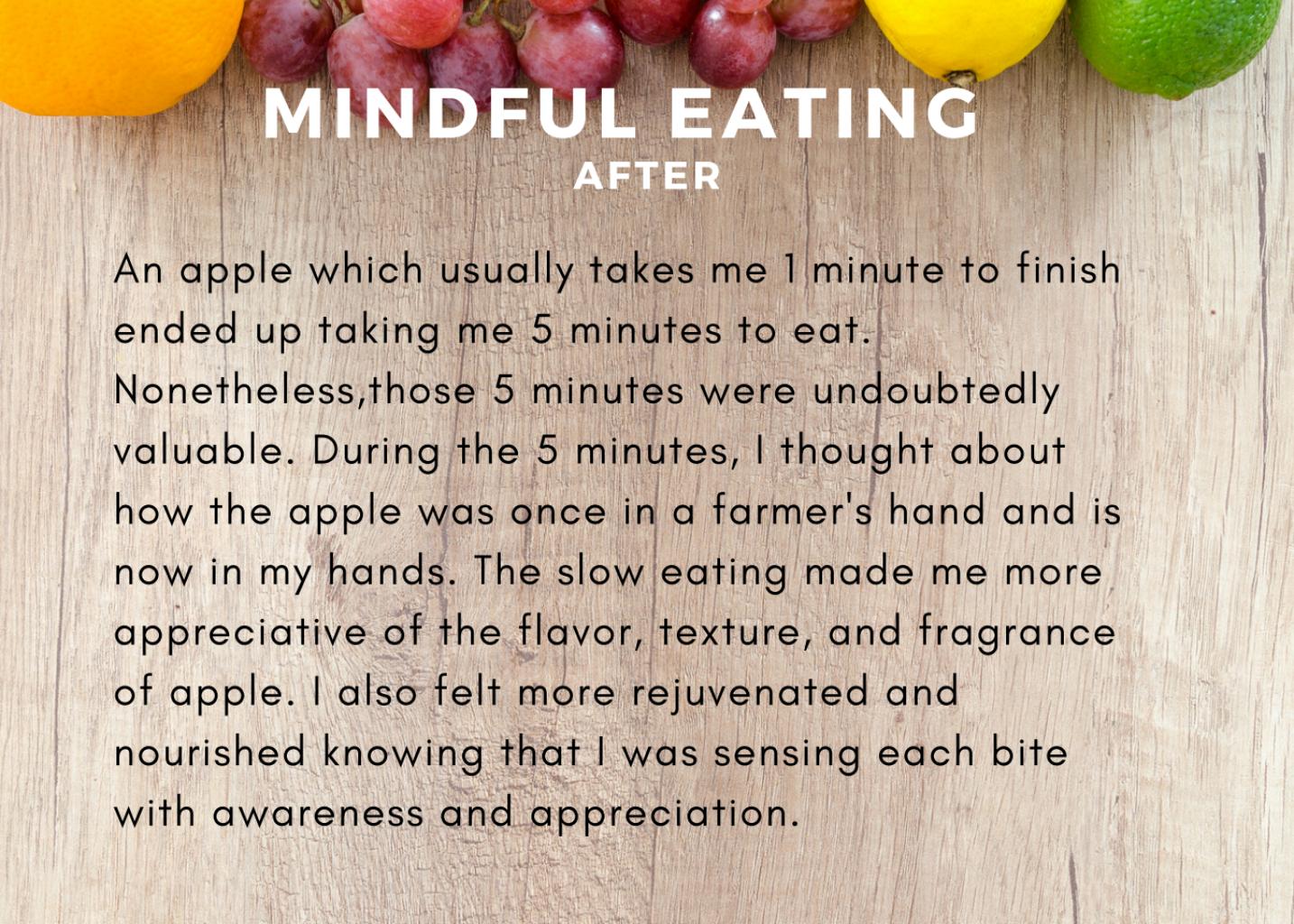
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# MINDFUL EATING

## BEFORE

Mindful eating has always been an important aspect of my life. I usually try to practice mindful eating every morning when I eat breakfast by removing any electronic distractions and simply focusing on the act of eating, but I sometimes end up looking at my phone or eating quickly. I was excited to try eating an apple mindfully because I wanted to test myself whether something as simple as an apple can change my eating experience.



# MINDFUL EATING

## AFTER

An apple which usually takes me 1 minute to finish ended up taking me 5 minutes to eat.

Nonetheless, those 5 minutes were undoubtedly valuable. During the 5 minutes, I thought about how the apple was once in a farmer's hand and is now in my hands. The slow eating made me more appreciative of the flavor, texture, and fragrance of apple. I also felt more rejuvenated and nourished knowing that I was sensing each bite with awareness and appreciation.



# MINDFUL EATING

## what an apple taught me

*gratitude*

Savoring each bite made me reflect on the hard work each farmer puts into growing this delicious food for people like me to enjoy.

*nature*

I became aware of how something that Mother Nature has created is providing me with the nourishment and energy I need.



*experience*

Eating slowly made me more present in the moment. No Internet. No phones. Just the apple and me :)

*senses*

I could feel the crunchy texture, taste the sweet and complex flavors, and smell the natural fragrance of the apple.

# MINDFUL BREATHING

## BEFORE



In real honesty, at first I felt reluctant to try mindful breathing because I imagined the 5 minutes of silence to be boring and irritating. I had the notion that doing nothing but breathing for 5 minutes would be unproductive.

# MINDFUL BREATHING

## AFTER



Wow! The 5 minutes felt different from what I expected! After sitting down and breathing for 5 minutes in my bedroom with my lights and phone notifications turned off, I felt a renewed sense of peace and energy. The act of being conscious of my own rhythmic breathing was very therapeutic. During the 5 minutes, there were a couple times when my mind wandered off, but I was able to pull myself back into focus. The best part of this mindful practice was being able to let go of any anxieties or stress I had.

# MINDFUL BREATHING

what 5 minutes of calm taught me

*patience*

*self*



Staying calm for 5 minutes seemed boring at first, but afterwards, it made me feel refreshed.

*awareness*

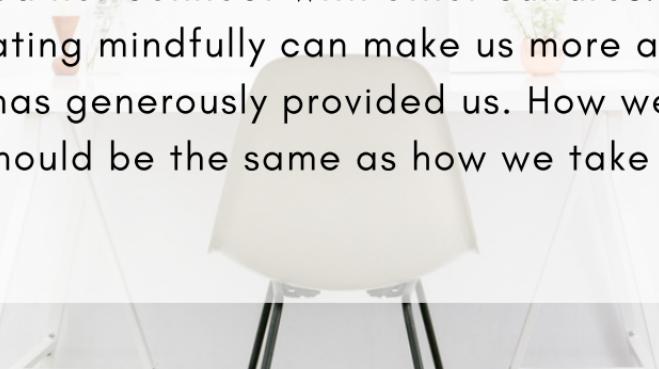
I learned to let go of the worries, thoughts, and stress I had during those 5 minutes of silence.

*peace*

With the fast pace of life, it is easy to forget the value in slowing down and taking a moment to acknowledge your existence and your soul.

The internal barrier I initially had was the reluctance to try mindful breathing. In my mind, I thought the 5 minutes would merely be a waste of time. One way I eliminated this barrier was learning to learn. After reading the articles and watching the TED Talk that PGC recommended, I wanted to try and see if this simple act really has the benefits those resources are claiming. Instead of making assumptions about something without even trying it, take action and don't be afraid of trying something new.

An external barrier was the amount of noise in my surroundings. Since my house is located near the highway, I could hear cars passing by loudly. I initially assumed that a mindful breathing session needs to be utterly quiet, but after closing the windows and turning off the lights, I realized that I really didn't need a room with utter quietness. I followed the advice in the Pinterest chart "How Mindfulness Can Change Your Life" by focusing solely on my breathing.



Mindful eating is my favorite practice because of how empowering it is. Immersing myself in this simple act of nourishment allows me to appreciate not just the food but also Mother Nature. Eating inspires me to not take food for granted. The food that Mother Nature created is what connects people from different cultures. I am grateful that Earth is bountifully producing food for every living being to enjoy. Without a healthy planet, we would not be able to eat delicious food nor connect with other cultures. Noticing the beauty of eating mindfully can make us more appreciative of what Earth has generously provided us. How we take care of our health should be the same as how we take care of Earth's health.

# MINDFUL BREATHING

what 5 minutes of calm taught me

*patience*

Staying calm for 5 minutes seemed boring at first, but afterwards, it made me feel refreshed.



*self*

I paid more attention to the rhythm of my breathing and the movements of my body.

*awareness*

I learned to let go of the worries, thoughts, and stress I had during those 5 minutes of silence.

*peace*

With the fast pace of life, it is easy to forget the value in slowing down and taking a moment to acknowledge your existence and your soul.



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When life gets busy, it's easy to forget the beauty of slowing down and appreciating the moment. Practicing mindfulness, the art of living in the present, is a great way to take a step back and take care of your body, your health, and your soul.

@turninggreenorg @natracare  
#pgc2019

1h



1 like

1 HOUR AGO

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