

Elise Gard
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Day 19 Greenest

- Mindful Eating:
 - I eat really fast. It's something that all of my family does, we just rush through our meals. Today I changed it up by practicing mindful eating. For a snack, I ate some roasted radishes which we had grown in our garden. I put ranch on them since the flavor alone was a little lacking. I rarely eat radishes so I think this was a good food to try mindful eating with. I noticed that each piece of radish had been cooked through a little differently so some bits were softer while others were harder in the middle. The smell was so good when they were in the oven, and throughout my meal and after the smell lingered. It was nice to eat slowly and just focus on my food, it was relaxing and I think it would be a good thing to incorporate into my daily life, because it still gives me a time to wind down and just take a break from everything but I'm still being productive by eating.
- Mindful Breathing:
 - I sat in my living room on the couch and just breathed for about 7 minutes. I've meditated before, but with a singing bowl or with sounds on youtube. It's the same idea though because you still focus on your breathing and try not to think about anything. When I did it today, my dogs were bothering me occasionally throughout it, but when I could just focus only on my breathing it was really relaxing. I come back down from it I feel really refreshed, rejuvenated, and positive.
- What did you notice about your emotions and thoughts before and after each practice? Was there any difference?
 - Today is actually my first day this whole school year where I haven't had to work or go to class. So I slept in today and have been feeling really rested and positive. So before and after each practice, not much changed but with both the mindful eating and breathing I felt more calm.
- Which practice did you prefer and why?
 - I honestly liked both of them and I'm going to try to incorporate both of them more into my daily life. I can see myself doing the mindful eating more though.
- Were there any external or internal barriers that impeded you from having an effective mindfulness session? How might you eliminate those barriers in the future?

- I think both sessions were effective, but with the mindful breathing my dogs interrupted me a few times. In the future I will just go into a closed room/space and do it.

I posted about my experience on my Facebook

