



ALYSSA MOORE
COUNSELING

The Orange Exercise

An easy mindfulness exercise to begin with, or to turn to when you need something inconspicuous, is to practice eating or drinking something mindfully. This example features an orange, but you can practice this with any food or drink and those that have unique qualities (like raisins or aromatic teas) will work the best. Focusing on this one object and your experience with it will help to bring your mind to the present moment, which can help keep you from ruminating on other issues that may be causing you distress.

To begin, take an orange and pretend that it is the first time you have ever seen one before.

Look at the orange in your hand.

Study the color and shape of this orange.

Experience the texture of the orange in your hand

Now close your eyes and imagine where the orange in your hand grew.

imagine feeling the same warm sun that orange felt

imagine how the orange looks on the tree

imagine the smell of the orange blossoms

Now open your eyes and smell the orange in your hand

Begin to peel the orange, and as you do notice how it's smell changes

Examine how the orange is formed into sections

Begin to separate the orange segments from one another, and notice how they come apart

Take a bite of one section of the orange and pay attention to how the orange tastes

Take another bite and notice how the juice of the orange bursts from inside the fruit

Pay attention to how you chew. Do you chew on one side of your mouth or the other? How many times do you chew before you swallow?

As you come to the end of this exercise think about how you feel. how eating this orange was different from the last orange you ate.

As always, the more you practice this exercise (try it with different foods!) the easier it will get. Also, practicing this during times when you are not feeling distressed will help you to tap into it during the times when you really need it.