



VIOLENCE FREE
MINNESOTA

THE COALITION TO END RELATIONSHIP ABUSE

Beverage Mindfulness Exercise Script

We're going to do a mindfulness exercise that will engage your senses and bring you back to earth. All you'll need is a cup of tea, hot chocolate, juice, or another beverage of your choice.

Hold the cup in both hands. Focus your attention on the warmth you feel. Bring your face close to the cup and 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 and 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, and how much more you were able to gain from drinking your coffee (or tea, or hot chocolate).