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Smell Really notice smells - favourite soap, food, essential oil Taste Use sensation of taste to focus your attention. Eat mindfully - savouring each moment Touch Wear soft comforting socks, stroke a pet, give yourself a hand massage • A useful reminder, using the 5 senses: 5 5 things I can see 4 4 things I can hear 3 3 things I can touch

My Food Diary - Centers for Disease Control and Prevention

My Food Diary Author: Division of Nutrition, Physical Activity, and Obesity, National Center for Chronic Disease Prevention and Health Promotion
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