

# Applying Mindfulness in Everyday Life

## On Waking Up

- When you first wake up in the morning, before you get out of bed, feel your body. Stretch and notice what that feels like.
- Take 5 slow mindful breaths.
- Notice which foot first touches the floor (best foot forward?)

## Daytime

- Every hour take a few moments to bring your attention to your breathing. Maybe set a timer to remember to be present.
- Whenever you change activities sense your body and breathing before you become lost in the new activity.
- Notice the sounds around you throughout the day. Really tune into the sound of the wind, rain, traffic, and birdsong etc. Listen to the background hum of conversation.
- Notice your body while you walk or stand. Take a moment to notice your posture. Pay attention to the contact of the ground under your feet. Feel the air on your face, arms, and legs as you walk. Are you rushing? Is your mind already where you are going? Come back to each step.
- When driving and waiting in traffic or at lights, use this time to notice your body, posture and breathing. Feel the contact of your feet on the floor or the seat underneath you, and how your body feels. Bring attention to the expansion and contraction of your abdomen.
- During the day notice if there is there tension stored anywhere in your body? For example, your neck, shoulders, stomach, jaw, or lower back? If possible, stretch, move or do yoga once a day.
- Focus attention on your daily activities such as brushing your teeth, washing the dishes, brushing your hair, putting on your shoes, doing your job.

## Communication – talking and listening

- Bring awareness to listening and talking. Can you listen attentively without agreeing or disagreeing, giving advice or planning what you will say when it is your turn?

- When talking, can you just say what you need to say without the usual labels and judgments, and without overstating or understating things? Can you notice how your mind and body feel?

### **Eating**

- Whenever you eat or drink something, take a moment to really connect with it. Pause and notice how your body feels, whether you are hungry and what kind of food your body feels like it needs.
- Reflect on where the food has come from, perhaps wondering who was involved in its creation and transport.
- Connect with the sensory experience of eating – with the taste, the smell, the texture. Notice the chewing, the urge to swallow, the actual swallowing. Tune in to the effect of eating certain foods on your body.

### **Going to Bed**

- When you lie down to sleep, bring your attention to your body and your breathing.
- Let go of physical tension in the body and feel the warmth and softness of your bed.