

May

Mindfulness

FIRE UP YOUR FIVE SENSES

Bring attention to the present using your five senses. Center yourself in the now and name one thing you can: hear, smell, taste, feel, and see.

BLISSFUL BREATHING

At least once a day, take a couple of minutes to simply breathe and pay attention to your breath without judgment. That's it! Notice how the breath feels in your nose and chest as you inhale and exhale.

TURN OFF AUTOPILOT

Some daily activities become so habitual we barely notice doing them, such as showering or driving to work. Integrate mindfulness by experiencing these as if it were for the first time. Consider taking a different route to work or activate all 5 senses during your shower instead of mentally preparing your to-do list.

JOYFUL EATING

Fill yourself with joy by choosing one meal or snack to practice eating mindfully. This means turning off your phone and TV. Notice how everything tastes and smells; feel the texture and temperature of the food you are eating.

A MINUTE BEFORE MEETING

Pause before you begin each meeting and take a minute to focus attention on your breath or one minute to stretch your body. This will allow your body to settle and your mind to focus.

ACTIVE APPRECIATION

At the end of the day, list three things that you appreciate. These can be objects, people, or even events that went well.

PAUSE BEFORE YOU ENTER

Any time you encounter a doorknob resist the urge to enter the room immediately. Pause for three seconds while touching the door handle and take a full inhale and exhale.

FLOATING FEELINGS

Spend a minute or two observing your thoughts and feelings come and go, as if they are clouds in the sky. For example, you might acknowledge to yourself, "I am noticing anxiety," without attempting to push away or "fix" that feeling. Simply be aware of your feelings and label them without judgement.

MINDFUL MOVEMENT

Most of us already spend some portion of our day moving, whether it's walking down the halls at work or a workout at the gym. Incorporate mindfulness into these movements. Place as much attention as you can on the movements of your body, your breathing, and your surroundings.

FIND YOUR FEET

A couple of times a day, simply notice the position of your feet on the floor, the balance of the weight, and any sensations between and around your feet. You can do this exercise seated or standing.