EVERYDAY MINDFULNESS TIPS

− When you first wake up in the morning, before you get out of bed, bring your attention to your breathing. Observe five mindful breaths.

− **Notice Five Things:** practice this throughout the day especially any time you find yourself getting caught up in thoughts & feelings.
  
  • Pause for a moment
  • Look around & notice five things you can see
  • Listen carefully & notice five things you can hear
  • Notice five things you can feel in contact with your body eg. feet on floor, back against the chair
  • Do all the above simultaneously

− **Observe five mindful breaths:**
  
  • Start by breathing out as slowly as possible until your lungs are completely empty
  • Allow your lungs to refill by themselves
  • Notice your rib cage rising & falling; notice your lungs emptying & filling
  • Expand your awareness – simultaneously notice your breath, your body, what you can see, hear & feel
  • Note any thoughts that arise during this time & gently return the focus of your awareness to the breath

− Whenever you eat or drink something, take a minute and breathe. Look at your food and realize that the food was connected to something that nourished its growth. Can you see the sunlight, the rain, the earth, the farmer, the trucker in your food? Pay attention as you eat, consciously consuming this food for your physical health. Bring awareness to seeing your food, smelling your food, tasting your food, chewing your food, and swallowing your food.
− 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?

− Bring awareness to listening and talking. Can you listen without agreeing or disagreeing, liking or disliking, or planning what you will say when it is your turn? When talking, can you just say what you need to say without overstating or understating? Can you notice how your mind and body feel?

− Whenever you wait in a line, use this time to notice standing and breathing. Feel the contact of your feet on the floor and how your body feels. Bring attention to the rise and fall of your abdomen. Are you feeling impatient?

− Be aware of any points of tightness in your body throughout the day. See if you can breathe into them and, as you exhale, let go of excess tension. Is there tension stored anywhere in your body? For example, your neck, shoulders, stomach, jaw, or lower back? If possible, stretch or do yoga once a day.

− Focus attention on your daily activities such as brushing your teeth, washing up, brushing your hair, putting on your shoes, doing your job. Bring mindfulness to each activity.