

## 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 unhelpful thoughts and feelings.
  - Pause for a moment
  - Look around and notice five things you can see
  - Listen carefully and notice five things you can hear
  - Notice five things you can feel in contact with your body, for example your feet on floor, or your back against the chair
- **Observe five mindful breaths:**
  - Start by breathing out as slowly as possible until your lungs are completely empty. Try and inhale by count of 5, and exhale by the count of 7.
  - Allow your lungs to refill by themselves, and notice the gap between exhale and inhale of the breath.
  - Notice your rib cage rising and falling; notice your lungs emptying and filling, or the rising and falling of your abdomen.
  - Note any thoughts that arise during this time and gently return the focus of your awareness to the breath
- Whenever you eat or drink something, take a minute and breathe. Expand your awareness and consider how the food was connected to something that nourished its growth. Can you imagine 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, savour the smell and taste of your food, chew your food slowly, and then 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?
- Stop for a moment and just listen. Listen to the texture and shape of the sounds around you. Listen to the silences between the sounds. If someone is talking, listen to the pitch of the voice, to the smoothness or roughness of the sounds, to the clarity or the mumbling of the speech, to the pauses between the words.
- 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 deeply around any tension 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.
- Be completely present to this one moment. When you are eating, focus on eating only. And when you are brushing your teeth, washing up, brushing your hair, or putting on your shoes, just completely focus on the task.