

# TIPS FOR EVERYDAY MINDFULNESS



- When you first awake in the morning, before you get out of bed, observe five mindful breaths.
- Notice changes in your posture. Be aware of how your body and mind feel when you move from lying down to sitting, to standing, to walking. Notice each time you make a transition from one posture to the next.
- Whenever you hear a phone ring, a bird sing, a train pass by, laughter, a car horn, the wind, the sound of a door closing—use any sound as the bell of mindfulness. Really listen and be present and awake.
- Throughout the day, take a few moments to bring your attention to your breathing. Observe five mindful breaths.
- Whenever you eat or drink something, take a minute to breathe. 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 as you walk or stand. Take a moment to notice your posture. Pay attention to the contact of your feet with the ground under them. Feel the air on your face, arms, 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 with the floor and how your body feels. Bring attention to the rise and fall of your abdomen. Are you feeling impatient? What else do you notice?
- 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 tension stored anywhere in your body? For example, your neck, shoulders, stomach, jaw, or lower back? If possible, stretch 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.
- Use your five senses to draw your attention into the present. What can you notice with each of your senses?
- Before you go to sleep at night, take a few minutes to bring attention to your breathing. Observe five mindful breaths.