

LIVING MINDFULLY

Use these tips to make living in the moment part of your routine.

Be aware of your body as you wake up in the morning. Can you feel your heartbeat, breathing, or points of contact between your body and the bed? Also, notice your thoughts. Where is your mind awakening?



Pay attention to all the senses involved in your morning activities, such as brushing your teeth, showering, or eating breakfast.

One or two days a week, try driving or walking to your destinations without listening to music or the radio.



When waiting in line at the grocery store, pay attention to what it feels like to stand still, shift your weight, or place items onto the checkout counter.

When walking outside, notice your body moving and what it feels like. pay attention to the wind, air, rain, sounds, rustling etc.



Choose a couple of meals or snacks each week and be fully present. No talking, reading or television. Really notice the feel, taste and texture of the food you are eating.

When walking to or from somewhere (such as a meeting, a class, or just going from one room to another at home), notice where the mind is, and notice how the body feels as it moves.

