



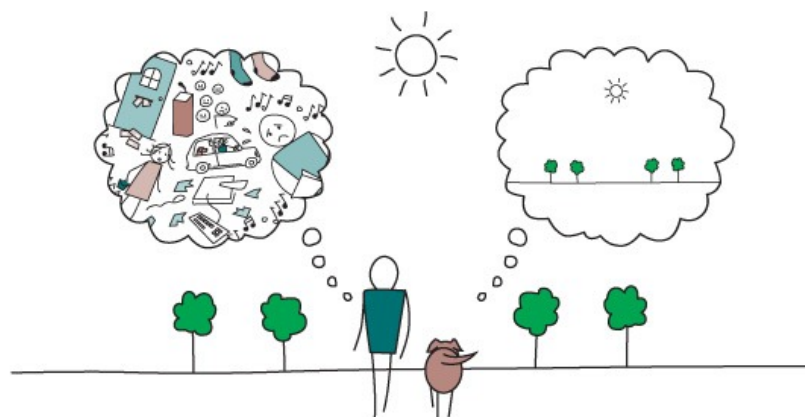
Everyday Mindfulness – 5 mins

A fantastic way to bring informal mindfulness practices to your everyday life.

Choose an activity that you do every day that you possibly barely realise you are doing (such as brushing your teeth, having a shower, washing up, eating a snack etc). Try to keep it at roughly the same time each day and make a conscious decision to focus your attention on it.

During the activity, bring your attention to the sensations in your body. How does it feel? Soft, hard, tingly, calm, strange, weird, uncomfortable. Are there any sensations you notice? Is it pleasant? You may feel nothing at all, that is ok too. Each time your mind wanders which it inevitably will, just notice where it has gone and bring it back with a friendly manner. Use your senses to understand your experience. Are you noticing any smells? Perhaps seeing something you previously have never noticed or that has simply just caught your eye? Notice how your breath is in this moment.

Once you have finished, take 3 focused, calm breaths.



Mind Full, or Mindful?