

Ways to Bring Mindfulness to Your Days

Mindful Awareness of Routine Activities

Perhaps pick one of these activities to serve as your “call to mindfulness” during the day:

- Waking Up
- Brushing teeth
- Taking a shower
- Drinking coffee
- Eating a meal
- Getting out of bed
- Getting dressed
- Writing a to-do list
- Taking your first step outdoors
- Waiting in line
- Turning on a light switch
- Turning on your computer
- Exercising/yoga
- Opening a book to read
- Sitting at a red light
- Getting into bed {take three deep calming breaths, while seated, before lying down}

Mindful Awareness and Technology

Here are some suggestions for using technology as a mindfulness tool:

- Take a deep breath before checking email.
- Set an alarm on your phone to go off at certain time of the day {perhaps at lunchtime} to remind you to check in with your breath.
- Set your wake screen on your phone to an image that will remind you to take a mindful pause before using it.
- Set your email notification sound to a bell and let it be a reminder to bring you back to the present moment each time you hear it. Think of the possibilities!
- Once in a while, leave the phone/iPod at home when you go for a walk or run, and just pay attention to the natural world.

Mindful Awareness of Cleaning

Cleaning is a way of honouring our physical surroundings and nurturing those who live with us. As you clean, focus on the movements of the body, and the sounds and smells around you. Bring mindful awareness to the acts of:

- Dusting
- Washing dishes

- Folding laundry
- Vacuuming
- Cooking
- Ironing

Mindful Awareness of the Body

You can “check in” with the sensations of your physical body throughout the day. I find this especially helpful for finding the parts of my body that are tense, and then I imagine breathing in to those parts of my body to relax. Check in with:

- Your face – so much stress resides here! Check in with the jaw, the eyes, the forehead...
- Your neck and shoulders – a common place where a lot of us carry stress.
- Your posture – just straightening up a bit and letting the head rest comfortably on the spine can do wonders for our attention, and our mood!
- Your hands, especially if you’ve been working at a computer all day!
- Your whole body (e.g. body scan meditation)

Mindful Awareness with Others

Practise bringing your mindful attention to your interactions with others.

- Focus on making eye contact with others, on really seeing them.
- Practise mindful listening – are you truly listening, or are you looking for your chance to jump in?
- Practise gratitude with others – have everyone in the family share one thing they are thankful for each day.

Mindful Breathing

When you feel stressed, sit up straight and take three deep breaths

Take one minute of the day to focus on the sensations of the breath. Where do you feel the breath – in the abdomen, the lungs, the nose?

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SOURCE:

<http://leftbrainbuddha.com/40-ways-bring-mindfulness-days/>