

Tips to Bring Mindfulness to Everyday Activities

- ∞ When you first wake up in the morning before you get out of bed, bring your attention to your breathing for at least five breaths, letting the breath 'do itself'. Before you go to sleep at night, take a few minutes and bring your attention to your breathing for at least five full breaths.
- ∞ Notice your body posture. Be aware of how your body and mind are 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.
- ∞ When you hear a phone ring, a bird sing, a train pass by, laughter, a car horn, the wind, or the sound of a door closing, use these and all sounds as a reminder to come fully aware of the here and now – taking time to notice your body, your thoughts, your emotions, and the environment around you. Really listen, being present and awake.
- ∞ Throughout the day take a few minutes to bring your attention to your breath for at least five full breaths - Attach these moments to times or activities to help you remember – turning on your computer, when making a cuppa, on the hour, as you're preparing food, as you're doing chores or study. Pick a few times in your day.
- ∞ When you eat or drink something, take a minute and breathe. Bring your awareness to seeing your food, smelling your food, tasting your food, chewing your food and swallowing your food.
- ∞ Notice your body while walking or standing. 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 to get to the next moment? Even when you are in a hurry, be with the hurrying.
- ∞ Bring awareness to listening and talking. Can you listen without having to agree or disagree, fall into liking or disliking, or planning what you will say when it's your turn? Can you just say what you need to say without overstating or understating it? Can you notice how your body and mind feel?
- ∞ When you find yourself waiting in line, use this time to notice standing and breathing. Feel the contact of your feet on the floor and how your body feels. Bring your attention to the rising and falling of your abdomen. Are you feeling impatient?

- ∞ Be aware of any points of tightness in the body throughout the day. See if you can breathe into them, and as you exhale, let go of any excess tension. Be aware of any tension stored in your body. Is there tightness in your forehead, jaw, neck, shoulders, chest, back, pelvic area, legs, feet? Visualise breathing in relaxation, and breathing out tension.
- ∞ Focus your attention when doing your daily activities. While sometimes you may be thinking of something else when doing day to day things – bring your attention into the task at hand. Such as washing your teeth, brushing your hair, washing up, or putting on your shoes. Bring mindfulness to each activity.