

# Mindful Moments

This is a simple way to build mindfulness into your every-day life. Choose a few simple daily activities and mindfully give extra attention to performing them. Notice how you feel during the activity. Is there any resistance to it? Any craving for it? Notice any sensations you may have in your body.

Choose simple activities at first so it's easier to notice how you are feeling in mind and body and sense the quality of your breathing. Then you can build up the complexity of the activity as you become increasingly more mindful in more of your daily activities. Here are some suggestions to get you started:

- **Eating Mindfully** – Slow down as you eat your meal. Focus on the act of eating - try not to read or talk at the same time. Notice the tastes and smells of the food you are eating. Pay attention to feel of the food in your mouth. Become aware of when you feel full. Try to notice when your mind wanders away from the activity of eating and bring it back. Bonus: Mindful eating is a terrific tool for weight management!
- **Bathing Mindfully**- Become more aware of the feel of water against your skin. Think about the sensations caused by scrubbing. Notice the smell of the soap and shampoo. Feel the steam as you breathe in. Pay attention and when your mind starts thinking about other things bring your awareness back to your own physical experience.
- **Tooth-brushing Mindfully** - Notice the shape of your mouth as you brush your teeth; Pay attention to the sensation of the brush on each tooth, how each part of your mouth feels after your teeth have been cleaned, any resistance you may have to cleaning your teeth. Notice how your mind may already be thinking ahead to what you will be doing next and then mindfully bringing your attention back to the activity of cleaning your teeth.
- **Washing Dishes Mindfully** – Focus your attention on the task. Notice any resistance you may be experiencing;; any feelings of wanting to get this done as quickly as possible ! Experience the feeling of your hands in the water. Notice the smell of the dish soap. Recognize the rhythmic motions used to wash the dishes. As always, when your mind wanders away, gently bring it back to the dishes.