

REAL LIFE MINDFULNESS PRACTICE

PAUSING TO INTERRUPT HABITUAL PATTERNS OF THINKING
TO TRAIN YOUR BRAIN

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Have you ever been in the shower, but your mind is elsewhere, and you can't remember whether you added conditioner? If you've experienced this, you are in good company. The good news is such daily activities are wonderful opportunities to practice mindfulness. **You can strengthen your ability to focus by practicing during these regular, real life moments.**

Mindfulness is the practice of aligning your mind, your brain, and body, uniting them in the present moment; it's about your body, brain, and mind being in the same place, at the same time, together, doing the same thing. Take a moment to observe what you're doing, perhaps honing in on one sense at a time. Even dedicating just a few minutes to this practice can be the start of something transformative. Below are examples of ways to practice 'Real Life Mindfulness'.

I suggest you select one example or make up one of your own and begin your experiment with real life mindfulness.

PAUSING & NOTICING

WHEN EATING

Notice with curiosity, the colors, the texture, the smell, and the taste of the food. Where does the food go first when chewing, how did it get there?



DURING A HUG

Pause to connect with a person you love during a hug. Try to keep your mind in the hug with you, noticing their scent and warmth, and how their body moves when breathing.

WHEN IN THE SHOWER

Bring your mind with you into the shower. You can do so using your senses: smelling the soap, hearing the water, feeling the lather, watching a drop of water slide down the shower stall.



DURING A WALK

It may help to select something specific to focus while walking. For example noticing your toes, socks, and shoes or noticing each step, as your feet touch the ground, or your balance shifts.

WHEN HANDWASHING

You can use this moment to notice your hands: feeling the pressure and temperature of the water; smelling the soap, noticing its texture. How do your hands move?



WHEN IN NATURE

A moment in nature is a chance for mindfulness. Noticing the sun's warmth, the sound of the wind, the aroma, the soft grass between your toes, the spectrum of color around you.

WHEN BRUSHING TEETH

Sometimes our mind can wander during routine tasks. Try using your non-dominant hand when brushing your teeth to keep you mind present. Can you notice something specific or new about brushing your teeth?



WHEN LISTENING

We can practice mindfulness during conversation. Listening to understand and offering your undivided attention is a powerful way to enhance communication.

DURING A CHORE

Inviting our minds to join us during some of our more mundane tasks, with the help of our senses, can enhance awareness. How do things feel in your hands? What do they look like? How do they smell?



YOUR WAY

We invite you to be on the look out for ways to practice in your everyday life. Remember its natural for the mind to wander. When you notice your mind wandering, practice gently returning your attention as often as you need.