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## Ways to Practice Mindfulness

Introducing the practice of mindfulness into your life can be accomplished in several ways. One of the most convenient ways to embrace mindfulness is to take advantage of all the little opportunities that present themselves each day. By chipping away a little at a time, you can comfortably grow into your mindfulness practice. Consider these ideas:

01

Focus on your breathing upon awakening each day. Feel each breath. After a few minutes, get up and see how long you can be mindful of your grooming activities.

02

Practice body awareness in the shower. Feel the water touching every part of your body. Focus on how it feels.

03

Flossing your teeth. Many people forget to floss. Now is a good time to incorporate it into your routine. Being mindful makes it easier to develop new habits.

04

Observe your thoughts while driving. Are you thinking about driving or worrying about work?

05

While outdoors, notice the weather. Describe it to yourself. What do you see and hear?

06

Practice good listening skills at work. Are you intently listening to the person who is speaking or are you thinking about something else?

07

Focus on both the taste and texture of your food. How does it feel in your mouth?

08

Go for a record. Time yourself and see how long you can focus your thoughts on one object in your environment.



Pick a worthwhile activity you're hesitant to do. Do it and see if you can focus without experiencing negative emotions.

Practice meditating in the bathroom. It might be the only peaceful time in your day.

Observe the person standing in front of you in line. Describe them in complete detail to yourself. See if you can complete the activity without having your attention wander.

Find a quiet place and do nothing for 10 minutes. Let your thoughts wander and observe your thinking.

Breath. Focus on your breathing for 5 minutes each hour.

Think about a person you dislike. Notice the changes in your body and feelings. Now let go of those negative emotions.

Go slower. It's easier to focus when you're not being rushed. As the military says, "Slow is smooth and smooth is fast."

Exercise. Notice your body and thoughts while exercising.



Sitting at a red light. Watch the light until it changes.

While you're in pain. Focus on the pain and notice what happens to the pain. Now focus on your environment and notice what happens to the pain.

In bed, count your breaths until you fall asleep. In the morning, ask yourself the last number you remember.

See how long it takes to become mindful in your dreams. Our thought patterns in everyday life tend to stick with us in our dreams.