

EVERYDAY MINDFULNESS



Mindfulness: the real practice is living your life as if it really mattered from moment to moment. — **Jon Kabat-Zinn**

Mindfulness of your larger purpose

Find a quiet time to reflect with your higher self — the “why?” — of your life. What matters most to you? Who and what do you care most about? What do you want to experience in this life?

Mindfulness when waking

- Greet yourself, check in and see how you’re doing. Thoughts? Feelings? Physical sensations?
- Take a few deep breaths, feeling each inhale and exhale. Ask yourself, what is important to me today? What do I want to experience?



Mindfulness in listening:

- Deep listening is a treasure that can nourish yourself and others.
- Remember the human in front of you. Let go of distractions to really see the person. Give them all your attention when they’re speaking for whatever time possible. If your mind wanders off to what you need to do next or how to solve their problem, bring your attention back to simply listening first.



Mindfulness when working

- Take three deep breaths and check in on what matters most on your to-do list. Remember and make time for what’s important
- Express gratitude to yourself and your team throughout the day.



Mindfulness in sleeping:

- Even computers need time to wind down or warm up, and they need time to recharge. Take a moment to commit to rest and recovery.
- Rest means to let go. Designate a regular sleeping time when possible. A hour before this time, begin to let go from activities of the day, work, and entertainment. You might want to stretch or take a bath to soothe the body, read something comforting or journal to let go of the day.



Mindfulness when eating

- Take three deep breaths and check in with our body, heart and mind: How do you feel? How hungry are you? What would taste good and nourish the body?
- Take in one bite at a time. Put your utensil down between bites to focus on chewing and tasting the food in your mouth. Feel the swallow and the presence of food in your body. When you get distracted or feel the urge to rush, bring your attention back to the practice.



TIPS FOR PRACTICE

Select one activity to practice at a time and adapt them to fit what is possible in your life. Remember, mindfulness is a practice, and it is not easy. Many conditions in our lives make it difficult to practice. If you fall out of practice, remember to connect to your purpose, self-compassion, and community. And just begin again.