



EVERYDAY MINDFULNESS PRACTICES

“Mindfulness is the act of deliberately paying full attention to what’s happening around you and within you - in your body, heart, and mind.” - Jan Chozen Bay

The best way to begin a mindfulness practice is to slowly find moments throughout your day to sneak in being more mindful. When we bring our minds to the present moment we are adding a pause that our minds so desperately need, we are connecting mind and body, and we are truly living our lives, instead of our minds wandering far from what is our daily life.

By bringing a pause into our actions we start to make CONSCIOUS decisions that are best for us, instead of reacting out of habit or emotion.

Rest Your Hands

Our hands can show us the energy of the overall body - constantly fidgeting, tapping, wringing themselves out. Once a day, allow your hands to rest. Then bring all of your awareness to your hands and just feel them.

Feel Your Feet

Just like with feeling your hands, bring ALL of your awareness to your feet. This is even better if you are in a state of overwhelm or anxiety as it brings focus away from the busy mind.

Just Eat

When you sit down to a meal, remove distraction and bring your awareness to all of your senses as you eat. Become aware of all the hands that helped bring that food to your plate. Bring all your sense to the table.

Listen to the Sounds

In moments where there are multiple sounds happening, close your eyes and really tune into each sound. Move from one to the next, noticing all the qualities of each noise. Then try to hear them all at once.