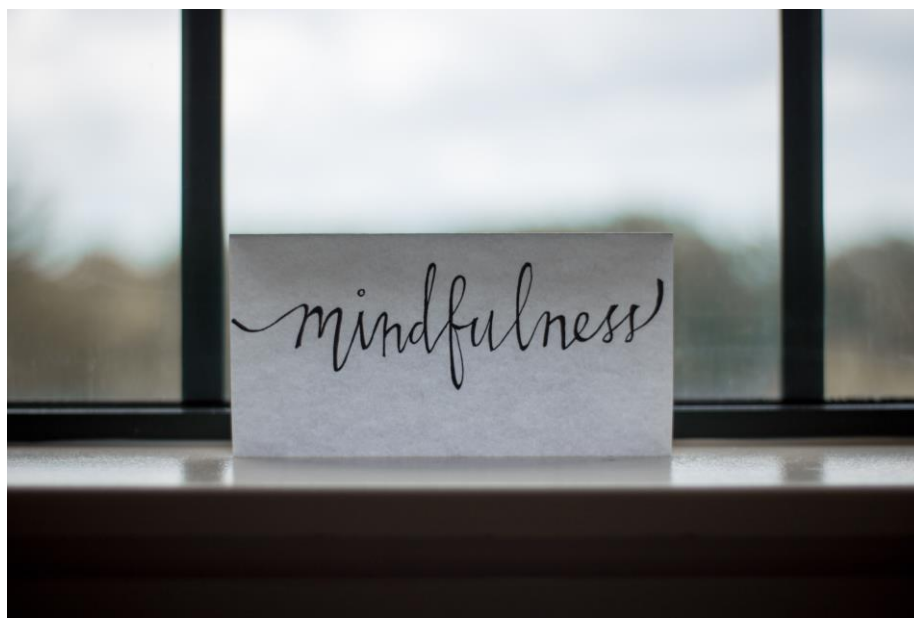


Mindfulness Micro-Practices

Having a mindfulness practice doesn't have to be intimidating, nor does it have to be a complete overhaul of your lifestyle all at once. Every day there are moments that can serve as opportunities to practice mindfulness, and life is made up of moments. Here



are some to try in your day to day.

- When you awake in the morning, take a moment before you get out of bed to set an intention for how you want to be today. You may envision how you are going to interact with people, or decide how you would like to feel and what action you could take to promote that feeling.
- Only watch TV after deciding what to watch and the length of time to watch. Turn off devices at that time.
- If you've entered a room and have forgotten why you went into the room, pause and take a breath. Remind yourself to pay attention.
- Taking a drive? Before you leave, set an intention of what you will pay attention to during the ride.
- While brushing teeth, notice the aroma and texture of the toothpaste. Pay attention to the sensations of your teeth and gums, as well as the foam created in your mouth.
- For at least one meal a day, while eating, only eat. No screen time, reading, etc. Practice paying attention to every detail of the meal.
- While doing dishes, notice the aroma of the soap, feel of the suds or foam and the shape of the items being washed. Notice the sounds as various items connect with the sink, counter, dishwasher and other items.



- While walking, choose a focus. Pay attention to your breath, the different leaves on the trees, the surface of the walkway, or movement of your body.
- Before shopping, make a list and set an intention for what you will focus on in the store. Examples could be the store environment, smells, lighting, colours, any seasonal displays, other shoppers, etc.
- When you have a clumsy moment, such as banging into furniture or tripping, recognize it as a signal for mindlessness. Simply notice the “event,” recognize that mindlessness is occurring and bring attention and focus back to the present.
- When you misplace an item you use on a regular basis, this is another clear sign of mindlessness. Same as above. Notice it (non-judgmentally), refocus and bring attention back to the present moment.
- Before you go to bed at night take a moment to journal about your most mindful moments of the day. This reflection will make your progress towards mindfulness more apparent.