



Mindfulness in Daily Life

Mindfulness can be practiced at any moment of the day - while you brush your teeth, while you walk from the parking garage to work, when you eat your breakfast, or whenever your cell phone rings.

Pick an ordinary activity. You might choose drinking your cup of coffee in the morning, brushing your teeth, or taking a shower. If you wish, select an activity that occurs early in the day, before your attention is pulled in many directions.

Choose one sensory experience to explore in the activity, such as the sensation of taste as you drink your coffee or the sensation of water touching your body while showering.

Immerse yourself in the experience, savoring it to the fullest. Return your mind to the sensations again and again when you notice it has wandered away.

Bring gentle, friendly awareness to the activity until it has been completed.