

Routine daily mindfulness practices:

Mindful driving: put away cell phones prior to getting into the car. Before starting the car take a few minutes to adjust your car seat. (Some of us drive for years without paying attention if the seat is comfortably positioned.) Take 2-3 deep mindful breath as you exhale through your mouth. Bring your attention to the present moment and your intention for your drive.(avoid auto-pilot driving, when you have no recollection of the events that happened before you got there) From red light to red light, remain gently mindful of your direct experience. Make your goal for the length of your drive to be noticing things. Notice the sky, the buildings, the trees, the birds, or any other object that comes in your sight. While being aware of the world around you, be vigilant about your safety and the safety of others. At each red light, bring your attention to the body. Notice the pressure from your seat and the sensation of your hands on the wheel. Notice the movement of the breath. Observe the people and vehicles around you. Pay attention to people's patterns of behavior and clothing. Find what sparks your interest. Shift your attention to your sense of care for others on the road.

Mindful showers: Before entering the shower, take 2-3 deep mindful breath as you exhale through your mouth. Bring your attention to the present moment. Decide what problems are on your mind and purposefully tell yourself I will not worry about these while I am in the shower. Enter the shower with the intention of enjoying the warmth of the water on your skin and to bring your focus and attention to each body part that you are cleaning. If you notice that your mind has wandered, bring your attention back to the warmth of the water.

Mindful dishwashing: Take 2-3 deep mindful breaths as you exhale through your mouth. Notice how your body feels, standing at the sink. As you run the warm water, feel it flowing across your hands. Picking up the first dish, handle it with care. Observe its shape. Notice its weight. Starting to scrub, smell the soap and watch the bubbles foam. If you notice that your mind has wandered, bring your attention back to the warmth of the water.

Mindfulness with pets: Take 2-3 deep mindful breaths as you exhale through your mouth. Feel the way your pet settles into your lap or next to you. Notice the contours of the pet's body, its soft belly and its bony legs. Is the warmth all over your lap or is there a concentration, a warmest spot? Pet your animal from the head towards the tail, observing how he/she responds and reacts. Scratch your pet gently, starting at the top of the head and going down towards the jaw. Notice the change in the feeling of the fur,

as it gets a little softer at the jawline. Listen to the noise of the pet's breathing, and deepen your exhalation and inhalation to match it. Look at your pet's eyes. Are they half-closed? Fully closed. If you notice that your mind has wandered, bring your attention back to the pet's breathing and yours.

Mindfulness in social media : Before logging into a social media website take 2-3 deep mindful breaths as you exhale through the mouth. Evaluate your intentions, and ask yourself what period of time do you intent to spend on this site? Before posting anything on social media, ask yourself three questions: Is it true? Is it kind? Is it necessary? Post only if the answer to all three is yes.

Mindfulness with mobile devices: If you are drawn to your phone, ask yourself:Am I checking the phone for information I need? To make a connection? Out of boredom? To escape the present moment? If you don't really need to check your phone, just leave it alone. Notice the urge to touch your phone arise and eventually subside.

Mindfulness during the commute between car and work: As you leave your car to walk to the hospital/clinic/etc take 2-3 deep mindful breaths as you exhale through your mouth. Make an intention to enjoy your walk however short it may be. Put away your mobile device. Pay attention to people that cross your path. Smile and greet them with eye contact and perhaps a hello. If no people, pay attention to nature, if outdoor, or the patterns of the walls, if indoor. If you notice your mind wanders to a do list bring your attention back to the present moment by noticing the sound of your steps and the rhythm of your walk.

Mindfulness in eating meals or snacks: Pick one meal or snack during the week that you plan to eat mindfully. This activity is most useful when eating alone. Before the start of the meal take 2-3 deep mindful breaths as you exhale through your mouth. Approach the food with gratitude. Before starting to eat, spend some time looking and smelling the food. Pay attention to the details of what you see or smell. Perhaps you had never really taken the time to see that particular food. Take a small amount and put in your mouth. Before chewing try to use your tongue to evaluate it. What does it feel like, what does it taste like, what is happening inside your mouth as the food is in there. Chew it once and do the same thing before you chew again. Try hard to continue to taste, smell, feel the food with every bite. . If you notice your mind wanders bring your attention back to the present moment by feeling gratitude for the food that you are eating.