

9 Simple Ways You Can Practice

Mindfulness

- **Begin Mindfully.** When you arrive at home, take a moment to orient yourself: take 3 breaths consciously and calmly, relax your body. If possible, after greeting your family or housemates, give yourself a few minutes alone to ease the transition.
- **Announcing a Break.** Whenever you hear a bell or buzzer (laundry done, timer goes off), take a moment to be present (open, appreciate, curious).
- **Stay Present.** As you walk in the door of work or school, instead of letting your mind spin off into yesterday or today, take a deep breath. Focus on your breathing, and sense the effects of breathing throughout your body.
- **“I am having the thought...”** When your child or another adult says something annoying it is easy to get “hooked” (tangled up in difficult thoughts/feelings). Use your irritation as a cue to notice your thoughts and feelings. Say to yourself “I notice am having the thought ...,” and then accept these thoughts and **get present**. When you *are not* hooked, what new possibilities for the situation are evident?
- **Notice 5 Things.** Before your child gets up, instead of hurrying to your usual routine, slow down and *notice 5 things* about the morning, such as a flower that bloomed outside, the sound of birds, the rain on the roof.
- **Take a Minute.** When at home going about your daily business, be aware of the subtle signs of physical tension. Take a moment to be present (participate with all of your senses) in whatever activity you are doing. Whenever you have a thought, notice the thought and then return yourself to the experience of the task.
- **What’s Your Cue?** Use the repetitive events of the day – School bell, a knock on the door, walking down the hall – as cues to breathe.
- **Walk mindfully** to the bathroom. What new things can you see and appreciate? How is it walking without rushing?
- **As you go to sleep,** let go of today and tomorrow, and focus on taking some slow, mindful breaths.

By following the main elements of mindfulness – combining awareness of what’s happening inside of you and outside of you – with openness curiosity and appreciation – you will be able to experience every moment as fully as possible.