



## **EVERYDAY MINDFULNESS ACTIVITIES**

### **TURN ORDINARY DAILY ACTIVITIES INTO MINDFULNESS**

Adapted from: Education's Voice: Mindfulness in the Classroom, Calm Journal, Calm—50 Mindfulness and Relaxation Exercises

#### **Be FULLY present with another person**

- **Good Listening IS:**

Focusing ALL of one's purpose, attention and energy on **understanding what the SPEAKER'S message means TO THE SPEAKER.**

- **Good Listening IS NOT:**

Asking questions/agreeing, approving, or praising/advising, suggesting, providing solutions/arguing, persuading with logic, or lecturing/analyzing or interpreting/assuring, sympathizing, or consoling/ordering, directing or commanding/warning, cautioning, or threatening/moralizing, telling what they "should" do/disagreeing, judging, criticizing or blaming/shaming, ridiculing, or labeling/withdrawing, distracting, humoring or changing the subject.

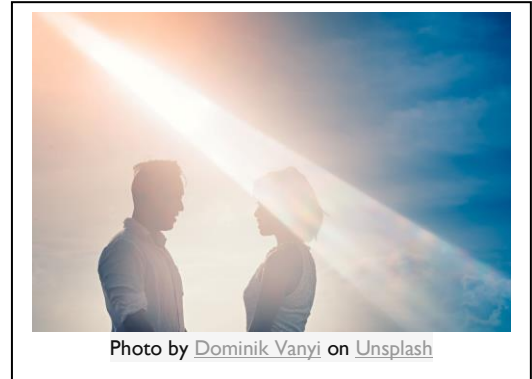


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#### **Mindful Eating**

- Think about your 5 senses: sight, smell, taste, touch, sound.
- Whatever food or drink you begin your day with, give a full moment to experience it with each of your senses: how does the tea look, smell, taste, feel? Do you hear anything? The liquid sloshing, flowing, releasing steam?
- Bring this awareness of the full sensations of the food and drink throughout the day as you consume eat each meal or snack, and as you drink each beverage.
- Add gratitude for the farmers, pickers, packers, drivers, chefs, barristas, servers, family or friends who have worked together to bring you this eating pleasure.

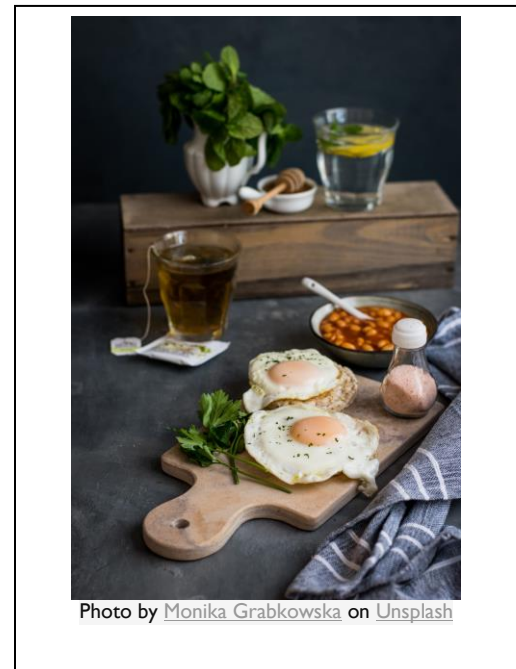
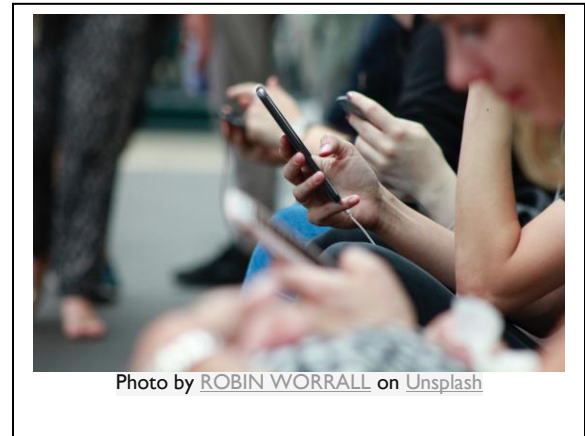


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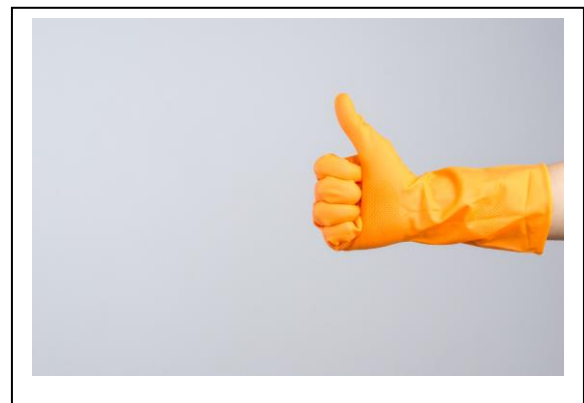
### Mindful Use of Cell Phone!

- **Why am I picking up my phone? What am I looking for? What do I need right now?**
- This isn't to say you shouldn't be on your phone. If you need directions, need to call your mom, or can't remember the pythagorean theorem, then it's very likely that your phone is the best tool for the job.
- But if you're looking for support, or connection, or relaxation, perhaps an old-fashioned non-tech strategy would be more effective.
- **Let your phone be a call for mindfulness: take a deep breath, and ask yourself what you really need at this moment.**



### Love Your Chores!

- Begin doing a common chore such as laundry, watering plants, vacuuming or dishes. Focus completely on each step of the task—the texture of the clean but wet clothes, the smell of the detergent or dryer sheets, the softness of the clean and dry laundry.
- Bring your attention to the love that the task includes such as providing clean clothes for your family.
- You can add a blessing or gratitude for each person represented.
- You can add a prayer or well-wish for what each item will provide to its users—the set of sheets to help with restful sleep; the water to keep the plants alive for clean air; the vacuum to suck up dirt and debris so that bare feet will feel the clean surface of the floor; the clean dishes to hold healthy food for loved ones.





### Brushing Teeth

It is simple really. It is about being in the present moment from the preparation of your toothbrush to rinsing your mouth. Here are some prompts to be mindful of while you are going about this everyday task.

- How does your toothbrush feel in your hand? How does it weigh in your hand? Is the grip smooth or rough?
- How does the balance change when you put the toothpaste on the brush? Smell the toothpaste. What does it smell like?
- Begin brushing your teeth. How do the bristles feel against your teeth? Your tongue? Your cheek and gums?
- Notice the foaming of the toothpaste in your mouth and how it feels.
- Once finished, how does your tongue feel against your freshly brushed teeth? Can you still smell or taste the toothpaste? How do you feel now that your teeth are brushed?

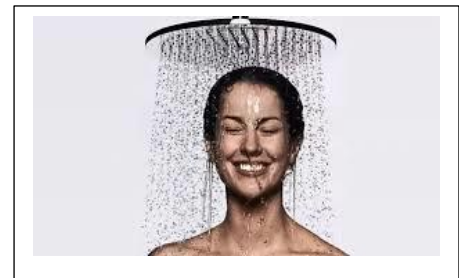


### Shower Meditation

Many people spend their time in the shower thinking about the day ahead. Instead, use this as a mindful time to become present in the moment.

Enter the shower with mindful intention.

- Take a few deep, mindful breaths as the steam begins to rise around your body.
- Allow the warm water to fall against your skin, paying attention to how the water feels on each part of your body, similar to a body scan.
- Then lather up your cloth, sponge or body scrubber and pay attention to the smell of the soap and the feel of the bubbles.
- Take time to notice the feel of the soap against your skin as you mindfully clean your body.
- Finally, pay attention to the feel of water and soap you rinse off, paying attention to the sense of well-being and warmth of the moment.



### Hand Washing Meditation

When you wash your hands in warm water, it opens the blood vessels and can tug your brain out of a stressful state.

- When you wash your hands, be mindful of the sensation of the water and soap as you rub your palms, between your fingers and on top of your hands. Breathe deeply, allowing your breathing to enhance the feel and smell of water and soap.





- How does this moment feel? Think of the health and safety you are providing yourself and others by washing your hands.
- How is it making the rest of your body feel?

### Drinking Water Meditation

More and more we're focusing on proper hydration and the health benefits it brings. Get a double benefit by turning every day water drinking into mindfulness.

- Pour yourself a glass of plain water with or without ice.
- Sit down with your water and allow yourself to be aware of drinking the water.
- Take a sip. Allow the sip to linger in the mouth. Notice the temperature of the liquid against your tongue, cheeks, gums and palate. What can you taste? Is there a sweetness, bitterness, acidic or even slightly salty taste?
- Notice the sensations of the water being swallowed and flowing down your throat and into your stomach.
- Continue to be mindful of each sip; allowing yourself to be in the very present moment of drinking your water.
- Visualize the water being transported out to all the cells of your body, bringing them health.
- Drink at least three glasses of water like this today.



### Nature/Outdoors Meditation

Did you know that being outside just 48 hours can reset your body clock? Consistent exposure to nature does wonderful things for our mind and body.

- Sit (preferably on the ground) outside in a quiet place where you won't be interrupted. If weather does not permit you to actually be outside, sit in a place with an excellent view of the outdoors.
- Feel yourself anchored firmly to the ground, either through your body, or through what you are seated on. Are you in the shade? The sun? How does it feel on your skin?
- What do you smell? Perhaps the soil, the clean air, plants and flowers, smoke from a fire, rain?
- What do you see? The clouds, trees, plants, flowers—take time to look at all the details you don't normally pay attention to
- Appreciate these plants and trees for giving you shade, oxygen, clean air, beauty. Appreciate these plants as living things, reacting to you there (although often we can't tell this), drinking water through roots, making "friend" connections with each other through their roots, orienting their leaves toward the sun and the rain, and growing to music!

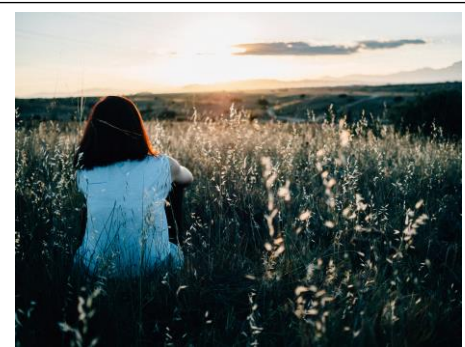


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**Benson-Henry Protocol—Relaxation Response**

Step 1: Pick a focus object, word, phrase, image, or short prayer. Or focus only on your breathing during the exercise.

Step 2: Find a quiet place and sit or lie calmly in a comfortable position.

Step 3: Close your eyes.

Step 4: Progressively relax all your muscles.

Step 5: Breathe slowly and naturally. As you exhale, repeat or picture silently your focus word or phrase, or simply focus on your breathing rhythm.

Step 6: Assume a passive attitude. When other thoughts intrude, simply think, “Oh well,” and return to your focus.

Step 7: Continue with this exercise for an average of 12 to 15 minutes.



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**Kirtan Kriya (KK) Meditation with the following components**

- Sit comfortably with your feet flat or in lotus position.
- Breath naturally.
- Sing the SA, TA, NA, MA sounds to the tune below
- Coordinate hand position and finger movements to the tune and the sounds sung as below
- Requires only 12 minutes: 2 minutes sung out loud, 2 minutes whispered, 2 minutes singing silently, 2 minutes whispered, 2 minutes out loud, 1 minute completing the meditation in silent contemplation.

Follow along with the easy Youtube animated version found at: <https://www.youtube.com/watch?v=jfKEAiwrgeY>

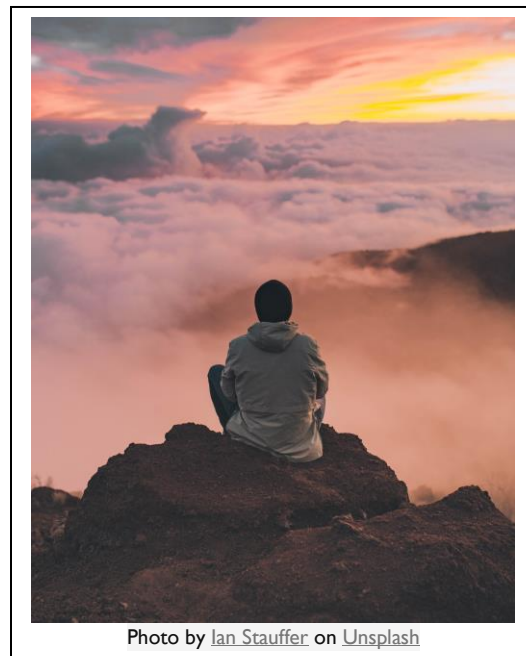


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Adagio ♩ = 60

Saa Taa Naa Maa <sup>TM</sup>

Fig. 1. KK: Finger movement and music.  
From Stress, Meditation, and Alzheimer’s Disease Prevention: Where the Evidence Stands by Khalsa, 2015