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Mindfulness

Tips

Ways to return your attention to the moments of your life

1. Breathe in to a silent count of 5, out to a silent count of 7.
2. Look up and around. What's going on?
3. Follow your out-breath with your awareness.
4. Keep silence in your head for a few moments.
5. Drink your tea in awareness.
6. Relax your shoulders.
7. What's your posture? What does it feel like?
8. Press your feet against the floor. Notice your muscles responding.
9. Spot the pause at the end of your out-breath.
10. What's the furthest away sound you can hear?
11. Ask: What quality am I bringing to this moment? Don't answer, just be aware.
12. What's your breathing like just now?
13. Soften your tummy and allow it to expand and contract by itself as you breathe.
14. Mind wandering? Say 'thinking' and return to the moment.
15. Listen to the chatter in your mind without getting involved.
16. Sit with awareness that you are sitting.
17. Notice a sensation in your body. Don't comment.
18. Where in your body do you feel calm?
19. Remind yourself that emotions, like thoughts, come and go.
20. What do you need to accept about this present moment?
21. Eat your food with awareness that you are eating your food.
22. Observe your breathing as quietly as you can.
23. Look at an object. Notice the feelings it evokes. Stay out of the story about the feelings.
24. Try to notice how long a thought lasts.
25. Choose to notice pleasurable moments.
26. Notice five things in your environment without commenting on them.
27. Take any everyday urge and notice for a little while what it feels like in your body.
28. What colour is the sky right now?
29. Slow every action down for a couple of minutes and pay attention.
30. Accept today's weather without complaint while doing what you need to do.

The little things? The little moments? They aren't little.

- Jon Kabat-Zinn

