

# ***How to embrace mindfulness in everyday life?***



## ***5 minutes to yourself***

Slow down and simply finding a few minutes a day for yourself – try focusing on your breath for 5 minutes (a short breathing exercise), spend time outdoors listening to the birds or focusing on the waves of the sea or simply enjoying a cup of tea.

## ***Food and drink***

Eat with awareness. Instead of rushing meals, take time to enjoy your food, savour the smells as they drift towards your nose. Embrace the different textures. Focus on the sensation of drinking, chewing, and swallowing.

## ***Cooking***

Focus on the experience and have fun. Think about the ingredients, the aromas, and textures as you prepare your meal. Be aware of your senses: touch, smell, taste. Connect more deeply with your food. Rock cakes are fun to do!

## ***Household chores***

Take time to relish household chores you undertake, focus on the activity, the present moment and enjoy! Feel the warmth and sensation of the water when washing-up, what is it like to do the ironing and fold your clothes, feel the textures, how fresh do they smell? think about what you are doing in the present moment and enjoy.

## ***Daily Hygiene routine***

Enjoy the experience and sensation of bathing, the sensation of the water on your skin, the temperature of the water, the sounds, how does it feel? The smell of the soap, take a moment to acknowledge and recognise the fragrance. The sensation and taste as we brush our teeth. Focus as you pain your nails, do the colours mean anything to you?

## ***Gentle Movement***

Undertaking gentle mindfully movements: slowly and thoughtfully move from one place to another; move your arms or legs, gently taking time to notice how it feels to focus on your movements.

***Be aware of your thoughts and feelings in everyday activities - Breathe and Smile***

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