



EXERCISES FOR EVERY DAY

3 Minutes for Mindfulness

Be aware of what you are feeling at this moment:
How does your body feel right now?
What sensations or feelings do you have right now?
What thoughts are running through your mind?
Perceive everything, pleasant and unpleasant in equal measure.

Mindful sitting

Focus your attention on sitting. Be aware of how you are sitting.
How do you sit at work?
... ..at the dining table?
... on the sofa?

Compliment

At least once a day you give an honest, true compliment to someone you like.
It is all about being attentive to people in your immediate environment.
Like, "I like the way you smile."
Conversely, be aware of compliments you receive.
Notice how you feel when you receive a compliment.





Mindful showering

When you shower, ask yourself the following questions:

- What does the water feel like on my skin?
- Is the water soft/hard/warm/hot/cold...?
- What happens to my feelings?
- How do I feel at beginning/while/after?
- Does my state of mind change?

Mindful Listening

Close your eyes and direct your attention to the sounds that are there right now. Do not interpret or associate the sounds (e.g. say hum instead of motorbike or car). Take about 10 minutes to do this.

Entering new rooms

Perceive consciously when you enter a new room. Notice what changes and what remains the same.

- What smells are there?
- How is the light?
- What are the colours like?
- What materials do you see (floor, wall, ceiling, furnishings,...)?

