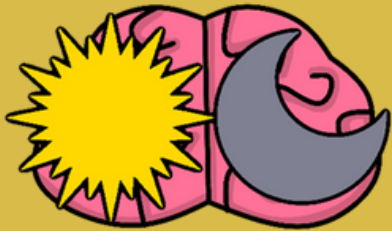
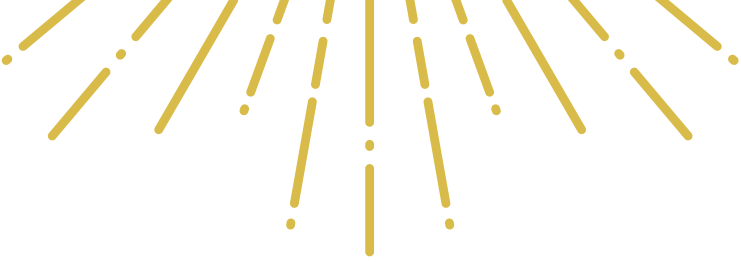


Mindfulness in Everyday Life

Mindfulness in Daily Routines:



Turn your attention to your senses as you move through your daily routines. What does the water sound like in the shower? Notice the temperature of the water and the smell of the soap. What do the water drops look like on the shower screen?



Here are some times when you can focus on the senses and become more mindful of the things around you. Notice how this may affect your mood.

Senses:


Sight: What do you see, how do the colours and images make you feel?

Sound: What noises do you hear? Are they artificial? Natural? How does this make you feel and should you listen to them?

Smell: Notice the scents in the air. Are they nice? Or do they make you feel uncomfortable?

Touch: Feel the textures around you. Are they hard or soft? Hot or cold?

Bodily Movement: You can tell a lot about how you feel just by how your body moves or feels. Are you fidgeting?



Mindfulness Eating:



Notice the smell of your food.... The texture.... The taste.... The movement of your mouth as you chew, and the sensations it creates.

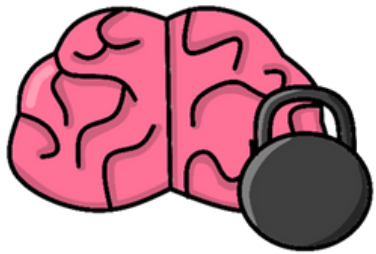
Mindfulness While Driving:



Be aware of the traffic around you. What traffic is in your mirrors? Concentrate on the cars in front of you, their speed and direction.... Notice your attitudes with driving. How does this make you feel?



Mindfulness During Exercise:



Concentrate on how your body moves as you walk or do yoga..... Notice your muscles contract and relax as you lift weights Notice the feeling of your breathe as you breath in and out.

Other Free Resources

- Jon Kabat-Zinn** - YouTube guided meditations
- Rick Hanson** - YouTube guided mediations
- Smiling Minds** app
- Being Well Podcast** by Rick and Forrest Hanson

Mindfulness in Enjoyable Activities:

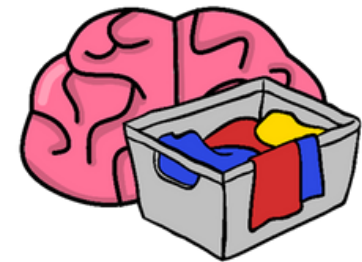


When you are listening to music, drawing, creating, playing with your dog Bring your attention to everything you can feel and sense. What does your hand feel like as it draws? Listen to the harmonies, drums and bass in the music.... What does your dogs' fur feel like as you pat them?



Mindfulness During Chores:

We can be mindful even in our chores. We can notice the feeling and temperature of the water as we wash dishes..... the movement of our body as we empty the dishwasher..... how the clothes look as we hang them on the line. When we feel boredom or frustration, notice that is what we feel. Then without judging yourself further, bring your attention back to your senses.



Catalyst Psychology

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