# 40 Ways to Bring Mindfulness to Your Days

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## **Mindful Everyday**

At any moment of our day, we can bring our awareness to our body, our thoughts, our emotions, and our surroundings.

Use these suggestions to create moments of mindfulness – simply pause and BE in the present moment. Be with **what is.** 

This can be life-changing!

#### **Technology**

- 1. Take a deep breath before checking email.
- 2. Set an alarm on your phone once a day as a mindful reminder.
- 3. Set your wake screen on your phone to an image that prompts you to pause before using it.
- 4. Set your email notification sound to a bell take a deep breath when it rings.
- 5. Leave the phone/iPod at home when you go for a walk or run.



Mindfulness is an innate human capacity – it is our ability to attend to the present moment, with curiosity and without judgment.

## Body Awareness

Bring awareness to your:

- 6. Face
- 7. Neck and Shoulders
- 8. Posture
- 9. Hands
- 10. Whole body

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#### **Daily Routines**

Bring your mindful awareness to one of these daily activities that are often performed mind*less*ly:

- 11. Brushing teeth
- 12. Taking a shower
- 13. Drinking coffee
- 14. Eating a meal
- 15. Getting out of bed
- 16. Getting dressed
- 17. Writing a to-do list
- 18. Taking your first step outdoors
- 19. Waiting in line
- 20. Turning on a light switch
- 21. Turning on your computer
- 22. Exercising/yoga
- 23. Opening a book to read
- 24. Sitting at a red light
- 25. Getting into bed

# Cleaning

Cleaning is a way of honoring our physical surroundings and nurturing those who live with us. Bring awareness to:

- 26. Dusting
- 27. Washing dishes
- 28. Folding laundry
- 29. Vacuuming
- 30. Cooking

# **Mindful Parenting**

- 31. Bring your full attention to playtime!
- 32. Check on your sleeping littles before you go to bed.
- 33. Let the call of "Mom!" or "Dad!" be a call to mindfulness!
- 34. Make a special bedtime ritual.
- 35. When picking up the kids after school or work, breathe mindfully before shifting to parent mode.



#### **BREATHE!**

- 36. Three times a day, take three deep breaths!
- 37. Where do you feel the breath: belly, lungs, nose?

## **Mindfulness with Others**

- 38. Make eye contact.
- 39. Truly listen without trying to formulate your response.
- 40. Practice gratitude what is everyone thankful for today?