

Mindfulness Exercise - 1

Use the non-dominant hand

Use the non-dominant hand every day for some common tasks, such as brushing your teeth or combing your hair. You can try to eat a bit of each meal with the non-dominant hand. Or why not try to write with the non-dominant hand?

Driving Mindfully

Drive mindfully, fully aware of the present moment. Pay attention to your body, how it moves, to movements of the car, sounds and thoughts that have to do with the driving. Try to turn off the radio for a while and be 100% driving, fully aware of all your senses.

Waiting

Every time you have to wait in line, in front of the computer, on the phone, in a traffic, use the time for a mindfulness exercise, such as: Pay attention to your breath! Observe where the breath is strongest (nostrils, chest, abdomen?) and then repeat to your self: I inhale (by each inhalation) and I exhale (by each exhalation).

Look Up!

Pay attention to the trees or tall buildings in your environment, the shapes, the different sizes, the colors etc. Do not start to analyze, just take notice. Be aware.