

18 Informal Mindfulness Exercises For Each Day

1. When you wake up, become aware of the environment, your body, your breath.
2. While drinking coffee / tea, take 2 minutes for yourself. Feel how the world wakes up.
3. If you walk to the train, the bus or the car - walk consciously ; maybe without looking at the phone. Use the time for yourself.
4. If you are going by car, take some time before you start of to become aware of the car.
5. Watch your body while driving.
6. Turn off the radio and the phone. Be aware of the ride and the outside world. Watch what it feels like to keep the speed limit - or even stay below it. What does it feel like to drive in the inner lane?
7. If you take a train or bus to work, then put the work, the cell phone, the newspaper aside and be with yourself. Feel your breath. Take time for yourself.
8. When you arrive at work, maybe park a bit further away, or get off at a stop earlier, and use the time to be mindful.
9. Arrived at work, take your time to arrive properly and to think about how you want to spend the day.
10. Consider how your expectations can effect your perception of the day.
11. During work, put in pauses again and again, where you observe yourself; feelings, body, thoughts. Maybe you set an alarm clock for the next break - or you activate an app.

12. During the break, you take a real break! Go out. Also during the lunch break, go out and talk about non-work related topics. Turn off the phone.
13. Suggest that each meeting begin with a short "Reflection Break".
14. Eat your meals in silence - where you concentrate 100% on the food.
15. Before you go home - think about the day. Make a list of what you have to do tomorrow and leave the list on the table!
16. Use the drive home as a transition (maybe from a certain point on your way, stop talking on the phone).
17. Before you go in to your house/ apartment, prepare yourself for the other environment.
18. Take time to greet everyone and look each other in the eye. If you live alone, feel how your room feels.