
Bringing Mindful Awareness to Your Daily Routine

Having trouble staying present throughout your day? Do you notice that your thoughts are constantly wandering? Mindfulness helps to train our brain to focus on one thing at a time. We can focus our attention on anything we're doing. Here are some examples from our everyday activities:

- **Taking a shower:** There are many sensory experiences to pay attention to in the shower, like the feeling of the water on your body, the sound of the water, the warmth and wetness of the air, the sensation of your feet on the stall or tub, and the smell of the soap or shampoo.
- **Daily Grooming:** Activities like shaving, combing your hair, or brushing your teeth can feel like a tedious chore. But, if you've ever been unable to do one of these things, like brushing your teeth after oral surgery, you know the delight you feel to finally do them again. Practice taking your time and doing the activity as if for the very first time.
- **Being outdoors:** Pretend you're a visitor on planet Earth. See the sky, feel the air, hear the birds, and witness the trees as if you've never before experienced this strange and awe-inspiring place.
- **Eating:** Notice the food you're eating. Pay attention to its color, aroma, taste and texture in your mouth, the sensation of chewing and swallowing. Savor the experience as though you've never eaten before.
- **Reading a book:** Notice the feel and smell of the book, its weight, the texture of the pages and their sound as they turn. Be aware of the feeling you have as you settle into a book.
- **Listening to someone:** Notice the person's eyes as he or she speaks, the intonation of his or her voice, the variation in emotion. Practice hearing or seeing this person as if for the first time.
- **Going to bed:** We can end our day by letting go of our past experiences with sleep and opening to whatever this night will bring. Pay attention to the sensations of your head on the pillow, sounds in the room and the breath moving in and out of your body.

Book: Cognitive Behavioral Therapy Made Simple By: Seth J. Gillihan PhD

Worksheet by: Janay Bailey, LMHC