



Mind Full, or Mindful?

A Definition of Mindfulness

Mindfulness means paying attention in a particular way:

On purpose

In the present moment

And nonjudgmentally.

-Jon Kabat-Zinn

Mindfulness Throughout the Day

1. When possible, do just one thing at a time.
2. Pay full attention to what you are doing.
3. When the mind wanders from what you are doing, bring it back.
4. Repeat step 3 several billion times.
5. Investigate your distractions.

The 3-Minute Breathing Space-Basic Instructions

1. AWARENESS

Bring yourself into the present moment by deliberately adopting an erect and dignified posture. If possible, close your eyes. Then ask:

“What is my experience right now....in thoughts...in feelings...and in bodily sensations?”

Acknowledge and register your experience, even if it is unwanted.

2. GATHERING

Then, gently redirect full attention to breathing, to each in breath and to each outbreath as they follow, one after the other.

3. EXPANDING

Expand the field of your awareness around your breathing, so that it includes a sense of the body as a whole, your posture, and facial expression.

The breathing space provides a way to step out of automatic pilot mode and reconnect with the present moment.

Notice Five Things

1. Pause for a moment.
2. Look around and notice five things that you can see.
3. Listen carefully and notice five things that you can hear.
4. Notice five things that you can feel in contact with your body (e.g., your foot on the floor)
5. Do all of the above, at the same time.

You can modify this exercise by noticing fewer things (even just noticing one thing in each domain). Just make sure you do them in order (see, hear, feel). It also can be helpful to repeat the entire exercise three times.

Daily Mindfulness

- When you first wake up in the morning, before you get out of bed, bring your attention to your breathing. Observe five mindful breaths.
- Notice changes in your posture. Be aware of how your body and mind feel when you move from lying down to sitting, to standing, to walking. Notice each time you make a transition from one posture to the next.
- Whenever you hear a phone ring, a bird sing, a train pass by, laughter, a car horn, the wind, the sound of a door closing—use any sound as the bell of mindfulness. Really listen and be present and awake.
- Throughout the day, take a few moments to bring your attention to your breathing. Observe five mindful breaths.
- Whenever you eat or drink something, take a minute and breathe. Look at your food and realize that the food was connected to something that nourished its growth. Can you see the sunlight, the

rain, the ear, the farmer, the trucker in your food? Pay attention as you eat, consciously consuming this food for your physical health. Bring awareness to seeing your food, smelling your food, tasting your food, chewing your food, and swallowing your food.

- Notice your body while you walk or stand. Take a moment to notice your posture. Pay attention to the contact of the ground under your feet. Feel the air on your face, arms, and legs as you walk. Are you rushing?
- Bring awareness to listening and talking. Can you listen without agreeing or disagreeing, liking or disliking, or planning what you will say when it is your turn? When talking, can you just say what you need to say without overstating or understating? Can you notice how your mind and body feel?
- Whenever you wait in a line, use this time to notice standing and breathing. Feel the contact of your feet on the floor and how your body feels. Bring attention to the rise and fall of your abdomen. Are you feeling impatient?
- Be aware of any points of tightness in your body throughout the day. See if you can breathe in to them and, as you exhale, let go of

excess tension. Is there tension stored anywhere in your body? For example, your neck, shoulders, stomach, jaw, or lower back? If possible, stretch or do yoga once a day.

- Focus attention on your daily activities such as brushing your teeth, washing up, brushing your hair, putting on your shoes, doing your job. Bring mindfulness to each activity.
- Before you go to sleep at night, take a few minutes and bring your attention to your breathing. Observe five mindful breaths.

*Adapted from Madeline Klyne, Instructor, Stress Reduction Clinic,
University of Massachusetts Medical Center.*