

A Day of Mindfulness*

When you wake up in the morning, allow yourself some slow, mindful breaths before you get out of bed. As you rise from bed, be aware of your feet making contact with the floor.

Try eating breakfast without reading the newspaper or watching television.

Take a few minutes, either at home or on your way to work, to notice something enjoyable about the morning.

On your way to work or school, or to appointments or your other daily errands, try to be mindful of (pay attention to) your traveling.

When you get to work or school, or wherever you go on your daily tasks, practice some mindful breathing when you arrive and before you begin your work.

When you are ready to leave your day's activities, take a moment to appreciate what you've done that day in being mindful in your work or school or day's tasks.

Try being aware of your feelings and thoughts as you approach home, and take a few mindful breaths before you open the door.

As you go to bed and prepare for sleep, take some mindful breaths, become aware of the bed supporting you, and allow yourself a smile.*

* Adopted from *Beginning Mindfulness* by Andrew Weiss