

5 ways to be mindful everyday

1.

Be mindful in the shower

We can easily get distracted in life and forget to take the time to be mindful. Choosing the same time each day to build mindfulness into our routine, such as your daily shower, can help you to remember to practice this new skill. Use your senses to feel the sensation of the water as it drops down on to your head and your body, notice the temperature of the water on your skin, the texture of the soap and be aware of smells from your shampoo and shower gel.

2.

Be mindful in conversations

How often do we truly listen to someone? Often we are surrounded by distractions like TVs, phones and other people. Take the time to fully listen in your conversation, to focus on the sound of the other person's voice, identify their accent, notice the volume they speak at and the expressions they make with their face. Try to work out what emotion the person is feeling as they speak to you. It can be hard listening without speaking, maybe you find yourself wanting to jump in and say something.

3.

Be mindful on social media

Check your phone to see how much time has been spent on social media. With the current lockdown situation, we are spending more time at home, away from friends/family. While connecting with them is important there are many ways to do this, without using social media. Stop yourself from scrolling endlessly through those news feeds. Try an alternative way to connect with friends. How about a phone call, letter, or video call?

4.

Be mindful when walking

Often we walk to get from A to B. With lockdown restricting us from going places and visiting friends and family, our walks now have a different purpose, to allow us to exercise and get fresh air. For many, walks have become a vital part of the new daily routine. Tune in to your senses whilst walking (this is much easier without music/phones). Take in all of things you've never noticed before, be mindful of the smells you come across, the sounds you hear and all the different colours you pass on your walk.

5.

Be mindful when eating

Often we are so distracted when we eat (by things like phones, TV screens or homework) that we barely look at what's in front of us, only to discover it's all gone! Pay attention to the food on your plate, the different smells and the temperature of the food. Identify the shape and colour of the food. Notice the textures and the flavours as you chew. Make sure your mind doesn't wander elsewhere and try to stay focused on only the experience of eating.

