

## **Suggestions to incorporate mindfulness into everyday activities**

**Waiting** – Notice how you feel when you see a long line, such as waiting for a takeout meal at Riverview. How does your body react? Are you angry, annoyed? Pull your attention away from your thoughts and emotions and focus on your breath. Notice your surroundings. Practice compassion for the people who are in front of you.

**Eating** – Concentrate solely on eating your food. No conversation, no book, no cellphone, no ipad, no magazine. Chew your food slowly. Take small bites. Smell the food. Admire the colors. Let food linger in your mouth to taste the flavor and feel the texture. Consciously savor the meal.

**Walking** – Notice how your body moves when you walk. Notice how your feet touch the ground, how your legs lift and stretch with each step, how your body sways and how your arms swing. Pay attention to your weight shifting from one side to the other. Take note of how fast or slow you walk. Notice the sensations in your body (discomfort, fatigue, relaxed, pain).

**Observing nature** – Walk around Willamette View grounds, through the gardens, or on the River Walk. Notice the plants, flowers, trees, insects, birds, the river. Notice the sounds. Take it all in, slowly. Or perhaps sit in one place and observe, for example, just one flower for a period of time.

**Talking** – Pay attention to the person talking to you. Notice his or her body language. Keep eye contact. Deeply listen to what they're actually really saying to you. Resist the urge to think of what you'll reply to them while they are talking. Give them your full attention. This implies stopping what you're doing. Don't be in a hurry.

**Mindful showering** – Feel the water against your skin. Notice the temperature as it touches your skin and how it feels. Pay attention to the sound the water makes when it hits the curtain, glass or tiles. Feel the soap against your skin. Notice how it feels as your fingers massage your scalp as you wash your hair.