

Take time to nurture your mental health

# Make everyday experiences more mindful

Formal meditation practice can be challenging to integrate into everyday life. But an easy way to start is practicing more mindfulness in your daily tasks, no matter how small.

## How to put mindfulness into practice



### Choose an everyday activity

It can be anything. For example, people often choose simple activities, such as cooking or eating, brushing your teeth, taking a shower, or doing a chore.



### Bring thoughts back when they wander

If you find your mind going elsewhere, gently bring your focus back to the activity you are doing. Paying attention to your breath can be a big help.



### Be gentle with yourself

Don't worry if this feels difficult or unnatural. It's okay if you forget to practice or become bored. This can happen when first practicing mindfulness.

## 3 questions to consider while practicing mindfulness



Is there anything new you notice about the activity that you've never noticed before?



What thoughts, emotions, and bodily sensations do you notice during the activity?



How does paying attention in this way differ from your usual way of doing the activity?