

INFORMAL MINDFULNESS PRACTICE

The more we practice mindfulness, the easier and more natural it becomes for us, and the more stress and anxiety we can release. Being attentive to the present moment as we go through the course of the day can help us to experience life more fully and more peacefully.



Daily Routine. Talk to yourself silently as you perform daily activities, reminding yourself of what you are doing at the time. For example, “Eating, I am eating.” Walking, I am walking.” “Writing, I am writing.” This can also be applied to inner experience such as “Experiencing fear, I am experiencing fear.” “Thinking, I am thinking.” “Experiencing joy, I am experiencing joy.” Notice any change in your anxiety level as you repeat these thoughts over and over and focus only on your present activity.

Stay in the Present. At any time during the course of your day when you notice your anxiety rising because you are thinking into the future or the past, remind yourself gently, “Come back to the present.” You may have to do this hundreds of times a day. Pay attention to what happens to your anxiety level when you move from a future or past focus to a present moment focus.

As you walk. As you walk anywhere – across the room, through your office, down the street – pay attention to the experience of walking. Let yourself notice the movement of your legs, the feeling of the ground beneath your feet, et, the sensation in your hips, knees, or ankles. Notice the placement of your feet, the roll of your arch, the rhythmic dance of your heel and toe. Pay attention to what it feels like to focus on your walking rather than letting your mind race from one thought to another.



Notice how this does or does not affect your anxiety level.