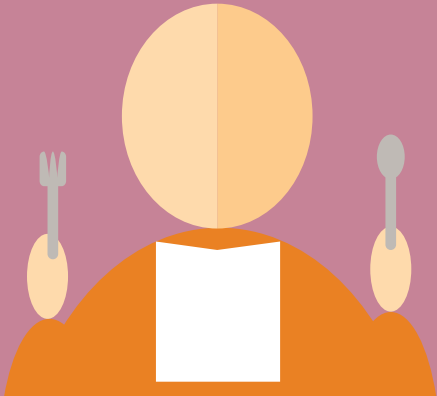


MINDFULNESS THROUGHOUT YOUR DAY



Be mindful while you're eating - Pay attention to what you're eating and all of the senses involved while eating a meal.



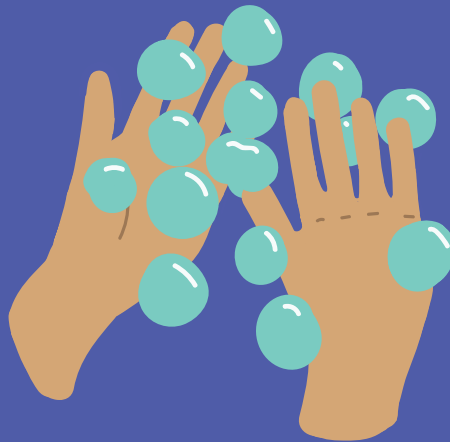
Stay present while you're waiting - When waiting for the bus, an appointment, or a friend, focus your attention on the present moment.



Notice your surroundings while walking - Try walking without distractions like your music or your phone. Try to notice something new on a familiar route



Feel your feet on the ground - Focus your attention on the soles of your feet. Feel them against the ground and notice everything you can about them.



Pay attention while you're washing your hands - Focus on the temperature of the water, the feeling of the water and soap on your hands and the movements your hands make.



Notice something different when looking at familiar objects - Try using all of your senses to explore a familiar object in a different way.