

6.13 Module 6: Mindfulness

Mindfulness

Wake up out of autopilot!

Here are some examples of everyday activities where you can practise mindfulness:

Taking a walk

Notice what is around you
How does your body feel?
What can you smell?
What can you hear?

Drinking tea

Notice how it tastes
How does it smell?
What sensations are felt
as you take a sip?

Brushing teeth

Notice the bristles
Notice the taste
Notice the textures
What can you hear?

Eating

What can you taste?
Look at the varied textures
Chewing
How does this feel?

“Mindfulness means paying attention in a particular way;
on purpose, in the present moment,
and non-judgmentally.” (Jon Kabat-Zinn)