



NO HASSLE MINDFULNESS

WHAT IS MINDFULNESS?

(headspace.com)

"Put simply, meditation is the practice of awareness and compassion in a controlled environment. [...] Now we might think that this is hard enough as it is, nevermind trying to apply the same awareness to activities in everyday life. But that's what mindfulness is, simply being present with whatever we are doing at the time and, with the right guidance, it's actually much easier than it sounds. That doesn't mean being present 24/7 [...] but we can definitely set out to do certain activities with the specific intention of remaining aware"



mindful toothbrushing

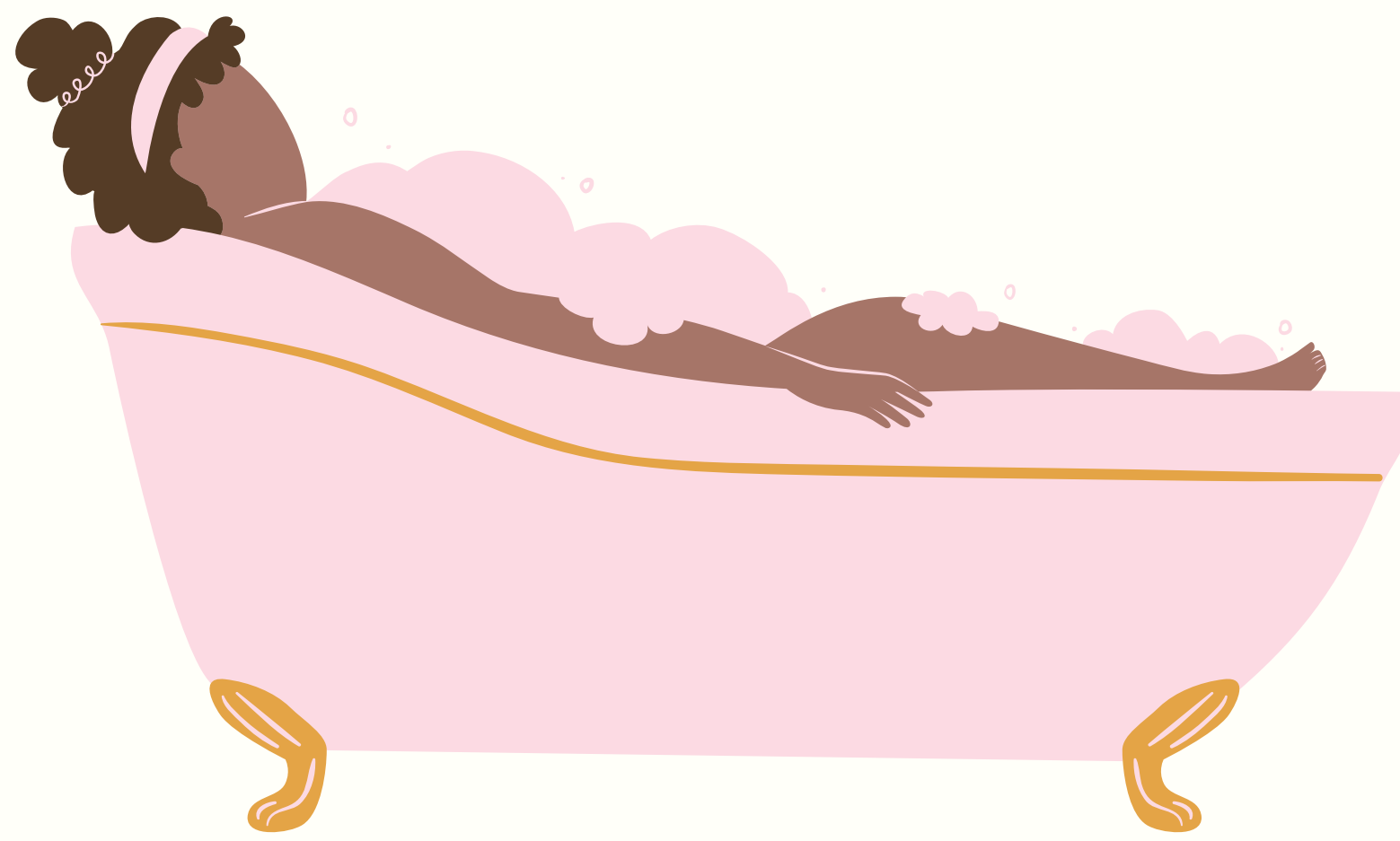
(<https://www.headspace.com/blog/2015/10/01/brush-brush-brush-your-teeth/>)

WHEN YOU GO TO THE BATHROOM TO BRUSH YOUR TEETH IN THE MORNING...

- Instead of being lost in thought the whole time, gently bring your attention back to the body each time you realize the mind has wandered off.
- What can you see? What can you hear? What's the color of the toothpaste? The smell? What flavor is it?
- You don't need to think too much, it's more a case of being present to notice all these things.

NEXT...

- Gently focus your attention on the sensations, just as you would concentrate on your breathing during meditation.
- Be mindful of your arm moving from side-to-side and the sound of the toothbrush against your teeth. Feel the bristles against your gums, against your teeth.



mindful showering and bathing

(<https://www.nytimes.com/2017/05/10/well/mind/how-to-be-mindful-while-taking-a-shower.html>)

PREPARATION

- Leave all your electronic devices on the other side of the bathroom.
- Prepare your towel and other necessary items, treating them and yourself with the utmost care. As you undress, silently name each article of clothing and hang or lay them down with deep attention
- Bring to your mind the idea that you are about to cleanse yourself for the good health of your body and mind.

IN THE SHOWER

- Feel the water as it hits your body, and take a moment to be grateful that you have hot, running water.
- Notice if your thoughts turn to dwelling on the past or planning for the future.
- Wash your body in a different manner than usual. Change this pattern each time you shower.
- The timing of your shower is not important. All of this can be done quickly or slowly, depending on how much time you have.

POST SHOWER

- When you exit the shower, dry yourself.
- When finished, leave the bathroom in the same or neater condition than you found it so that it's ready for the next person, even if, especially if, that person is just you.



mindful walking

(<https://www.mindful.org/daily-mindful-walking-practice/>)

AS YOU BEGIN, WALK AT A NATURAL PACE...

- You can count steps up to 10, and then start back at one again
- Notice movement in your legs and the rest of your body
- Your mind will wander, so without frustration, guide it back again as many times as you need to the sensation of walking

NOW FOR A FEW MINUTES, EXPAND YOUR ATTENTION TO SOUNDS...

- Pay attention to sounds without labeling or naming
- Shift your awareness to your sense of smell

NOW, MOVE TO VISION...

- Staying natural, not overly rigid, but with sustained awareness.
- Keep this open awareness of everything around you

IN THE LAST MOMENTS, COME BACK TO AWARENESS OF THE PHYSICAL SENSATIONS OF WALKING