



everyday mindfulness

- 1 **A brief breath to begin your day.** In the morning when turning on your computer, before launching into your activity of the day, take a few moments to close your eyes and focus on your breathing.
- 2 **Mindful Driving.** When driving, pay attention to actually driving. Focus on the feel of the steering wheel, the traffic around you and remember to breathe. Consider turning off the radio.
- 3 **“Where are my feet?”** When in a conflict situation, notice the sensations in your feet right now to ground you and calm your nervous system.
- 4 **S.T.O.P. at the Doorknob.** When you grasp the doorknob before meeting with a patient or colleague:
 1. STOP what you’re doing.
 2. Take a Breath.
 3. Observe what is present for you.
 4. Proceed with intention & choice.
- 5 **Mindful washing.** When washing your hands, focus on the warm water and the soap, pay attention to scrubbing and notice the sensations in your hands and fingers.
- 6 **Clear some breathing space with a Mindful Check-In.** Set an alarm to remind you to take 3-5 minutes to refocus and recharge.
- 7 **Mindful emailing.** Before hitting send on an emotionally charged email, stop and take 10 breaths. Notice any sensations in your body and identify the cause. Then re-read your email before sending.
- 8 **Uni-task.** Do just one thing at a time and really pay attention to doing that one task, be it drinking coffee, writing an email, meeting with a patient, or filling out paperwork.
- 9 **Take a Mindful Walk.** Notice your body as you walk. Feel your breath and your feet. Notice your surroundings and take in the full sensory experience of the walk.
- 10 **Eat a meal mindfully.** Choose one meal to eat slowly and with attention to all of the textures, flavors and sensations that accompany it. Consider where the components of the meal came from and the journey from production to plate. Savor it.
- 11 **Mindful Listening.** A caregiver who listens fully is the greatest gift and can potentially provide the best insights into the patient’s entire story, including body language, tone of voice as well as words. Practice being fully present and open in the conversation.
- 12 **Mindfully Hug someone special.** Fully experience this hug. Notice them, feel their embrace, appreciate their aliveness. Notice if your mind wanders off, and just kindly come back.
- 13 **Download an app. And use it.** There are many tech options to help us improve our attention. (And even to help us manage our relationship with that tech!)
- 14 **Label your emotions.** As they happen, labeling emotions helps us manage them and regain a bit of objectivity, so we don't get lost in them and react on auto-pilot.