



everyday mindfulness for parents

- 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. Practice.** Good for transitions and pausing throughout your day.
 1. STOP what you're doing.
 2. Take a Breath.
 3. Observe what is present for you.
 4. Proceed with Intention & Choice.
- 5 **Mindful Meetings.** S.T.O.P. before you enter. Turn off your tech. Take a mindful pause as a group before beginning. Really BE in this meeting.
- 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, or paying bills.
- 9 **Savor a meal.** 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.
- 10 **Mindful Listening.** Practice being fully present and open in a conversation. Drop all agenda and explore what it is like to deeply listen without planning what you are going to say next.
- 11 **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.
- 12 **Mindfully Hug your kid.** Fully experience this hug. Notice your kid, 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.