

# Mindfulness

Use these questions to cue mindfulness during your day. You could start each morning with 1-2 questions or use them throughout your day by setting a timer for them to go off when you think you'll need a break.

- What are you { noticing, feeling, observing, experiencing, detecting} in your body?
- What sensations are you experiencing?
- Where are you feeling this in your body?
- What muscles are you holding onto in your body?
- Are you taking deep breaths?
- Are you pausing before you make decisions?

Make a commitment to eliminate distractions this week. Maybe you turn your TV off, set your phone on silent, put your laptop away, turn off the radio. Examples of when you can practice mindfulness

- When eating fully focus on your meal without any distractions
- Going for a walk
- Journaling
- Taking a bath
- Driving
- Talking to a friend