

Everyday “In-the-Moment” Mindfulness Practices

Regularly use your five senses

to come home to the present moment. Experiment with mindful eating, walking, or listening to the sounds of nature.

Take a mindful pause

before you transition to the next activity in your day (entering a meeting, responding to an email, making dinner, starting/turning off your car, etc.).

Take 3 mindful breaths

as you wake up (planting an intention for the day) and before falling asleep (reflecting on 3 things you are grateful for).

Practice daily mindful acts

of self-compassion and kindness

Really listen

and be present to someone who is speaking to you.

Set aside a few minutes each day for quiet and calm.

Consider attending the Center’s free Mindful Mondays online, noon-hour practice sessions.

