MINDFULNESS “MICRO-PRACTICES”

✓ Get in your body -STRETCH, BREATH WALK, SHAKE IT, MOVE!

✓ Pause, take 3 full cycles of breath, noticing where you feel each breath; do this routinely as you enter or leave the home or workplace.

✓ SIT daily- even for 5 minutes-bring awareness to breath, sounds.

✓ Take ONE mindful minute before starting a meeting or project.


✓ Spend some time outside in nature; this is a great way to “open up” awareness.

✓ Pick ONE daily task (brushing teeth, washing face, walking to car, etc), and bring FULL awareness to doing that one task.

✓ Try “uni-tasking” – doing ONE thing at a time.

✓ Practice mindful listening by listening to music you enjoy for a few minutes; do nothing else while listening to the music except listen.

✓ At the end of your day, list 5 things that you appreciate (objects or people) or events that went well in your day; noticing the good goes a long way and motivates us to want to notice.

For more information go to https://www.thenowpoint.com or email atthenowpoint@gmail.com