



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.*
- ✓ *Take a "senses" break-what do I hear? Smell? See? Taste? Feel?*
- ✓ *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**