

Mindfulness in Daily Life: Self Compassion

Pick one activity a day in which you'll be mindful. It may be while you brush your teeth, while you walk from the parking garage to work, when you eat your breakfast, or whenever your cell phone rings. You might want to choose an activity that occurs early in the day, to help you remember to be mindful before you get overwhelmed with the daily tasks of life.

- ✓ As you're engaging in your mindful activity—let's say you choose the walk from the parking lot to your office—bring your focused awareness to your actual experience in the present moment.
- ✓ Simply notice how it feels to be walking.
 - ☑ How do your feet feel as they touch the ground?
 - ☑ Can you notice the change in sensations as each foot rises and falls?
 - ☑ How do your legs feel as they move, as the weight shifts from the right to left?
 - ☑ What is the air temperature like as you walk? Warm? Cold?
- ✓ Try to bring your awareness to as many aspects of the experience of walking as possible. It's helpful to focus on one distinct sensation at a time, so that you don't become overwhelmed.
- ✓ If you become lost in thoughts or emotions, simply note this and bring your awareness back to the experience of walking.

What you're doing is sharpening your skills of attention, building your mindfulness muscle. This will eventually help you when challenging situations arise, so that you can be aware of difficult emotions without running away with them.

We are all capable of being mindful, but in the midst of our hectic lives, we must choose to slow down and notice—if even just for a moment—what's happening to us right here, right now.