

Mindfulness in everyday life

During transportation

- Use the trip from the car/train/bike to work to enter your work life – and the return trip to leave it behind and focus on what's next. Mentally and physically, note the shifts for yourself in between the different areas of your life (e.g. by changing clothes when you get home, making a brief stop by the door handle). Get off the bus/train one stop earlier or park your car further away in order to walk. Notice your body when in motion and observe the surroundings.
- Bring attention to the transportation: Notice the wind, rumble of the train, your speed, the movements of your body, possible tension, and the things you pass by – and stay only with that. Turn off the radio.
- On the train, you can listen to a guided meditation or relaxing music instead of browsing through news, Facebook or quickly managing yet another task.
- When waiting at the traffic lights, pay attention to your body, your breathing or the surroundings. For instance take a couple of deep breaths or lower/roll your shoulders and ease the tension.
- Observe the speed limits – e.g. lower the speed to signal to yourself that you have plenty of time.

At work

- Make sure that you take a couple of short breaks during the working day. E.g. use the phone or other gadgets to remind you of the break. Close your eyes, listen to music or a guided meditation, take a walk, do physical or breathing exercises, relax instead of chatting, getting coffee, smoking etc.
- Use little “reminders” to remember being consciously present. E.g. when you turn on the computer and walk to the printer. When the phone rings, let the sound be a reminder to be mindful. Let it ring a couple of times before picking it up and spend the moment noticing your breathing and posture. Test what happens if you try to smile when you answer the phone and listen.
- While writing on the keyboard: notice your posture, stretch your body and loosen your shoulders.
- Be present with the task you are performing just now – and only that one. Make sure that notifications are not popping up and disturbing you. E.g. assign periods for checking mails only.

Morning/evenings

- Make sure you have some time/minutes to yourself when you get up and go to bed for being quiet, meditation, yoga or breathing exercises. Perhaps look at the coming/past day with gratitude and joy. Before going to bed, e.g. write down three things that you are grateful for.

In general

- Spend the time waiting (in the line, at the bus stop/train station, in the traffic jam, at the red light, the doctor's etc.) to turn inwards and take a break, being calm and recovering – or to notice your thoughts and emotions: What are you thinking about? Are you restless? Annoyed?
- While having a meal or just a carrot or a drink, spend time eating mindfully by using your senses. See, feel, taste, and listen before and while you slowly eat or drink. Use all your senses and remain consciously aware of what you do and experience in the situation.
- Notice how your body feels in the different situations. Do the same regarding your breathing.
- Notice your mind when you are spending time with other people: Are you listening, or thinking about something else? Are you present in the relation?

Display this paper in a place where you will see it frequently. Use gadgets like timers, apps etc. and build the new habits onto already established routines to help you implement them.

Use different mindfulness exercises regularly – attend guided mindfulness training from time to time.

Find mindfulness exercises, workshops and courses at www.andreaklinkby.dk/meditationer.

