

# 9 Examples of Mindfulness in Everyday Life

## Examples of mindfulness in everyday life are everywhere.

From mindful eating to cuddling with your dog to mindful walking, mindfulness is more about how you show up in the present moment than any specific activity.



**1. Mindful eating:** The practice of paying attention in the moment and savoring each bite without interruption.

**2. Mindfully washing dishes.** Take this everyday task and make it mindful by focusing on the sensations of the water and the rhythmic motion of washing the dishes by hand.

**3. Mindful walking.** Notice the sensations of walking next time you head outside. Go slow. (For bonus points, take your shoes off).

**4. Slow down and cuddle.** Slow down with a pet, your kid, your partner. Put your phone down, close your laptop and set the intent to be present.

**5. Get grateful.** Scan the room and find 5 things you're grateful for in the room you're in.

**6. Listen with intention.** In your next conversation, avoid the instinct to plan the next thing you'll say. Instead, listen with care to the person speaking.

**7. Respond gracefully to annoyances.** Whether you're dealing with heavy traffic, loud neighbors, or having to do something you'd rather not do, each annoyance is a chance to slow down and respond with intention and mindfulness.

**8. Observe your senses.** Each moment in life is full of senses: sounds, tastes, smells, sights, feelings. Notice what you feel right now.

**9. Journal.** Consider focusing on gratitude in your journaling. This can help you avoid reactivating your ruminations and triggers through the act of writing them down.