

Mindful MOMENTS



Mindful moments are opportunities to practice mindfulness during daily activities, helping to cultivate awareness, reduce stress, and enhance overall well-being. Here are ten examples of mindful moments you can integrate into your day:

MINDFUL BREATHING

Take a few minutes to focus solely on your breath. Notice the sensation of air entering and leaving your nostrils or the rise and fall of your chest.

MINDFUL EATING

Engage all your senses while eating. Notice the color, texture, and flavor of your food, and chew slowly to fully savor each bite.

MINDFUL WALKING

Pay attention to the sensation of your feet touching the ground, the rhythm of your stride, and the feeling of the air on your skin.

MINDFUL HANDWASHING

Notice the temperature of the water and the sensations and soap scent as it flows over your hands. Take a deep breath before returning to your next task.

MINDFUL LISTENING

Listen to the sounds around you, whether it's nature, email/phone notifications, or people talking. Try to hear every detail without labeling or judging the sounds.

MINDFUL OBSERVING

Choose an object around you and focus on observing it for a minute or two. Notice its colors, shapes, and textures, and any feelings it evokes.

MINDFUL TASK SWITCHING

Before your next task, pause—straighten up your posture, roll your shoulders back, breathe in slowly, and exhale tension. Refocus and be present.

MINDFUL DRINKING

Hold the cup, feel its temperature, inhale the aroma, and take small, mindful sips, savoring each one.

MINDFUL EMAILING

Pause before hitting send—reread, breathe, and ensure your message is clear and intentional.

MINDFUL REFLECTION

Before logging off, acknowledge one accomplishment, take a deep breath, and mentally transition out of work mode.

★ Identify 1 thing above that you can incorporate into your day.