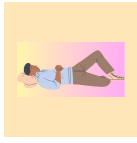
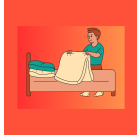


A Few Mindful Minutes



1. Check in with your body

- Scan your body from head to toe while you breathe in and out
- Notice each part of your body



2. Making the bed

- Take slow, deep breaths as you make your bed
- Enjoy the colors, patterns and textures of the fabric in your hands



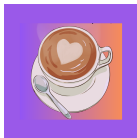
3. Showering

- Notice the temperature of the water and how it feels on your body
- Take in the fragrances



4. Getting dressed

- Take your time getting dressed and observe
- Tune in to the contact of clothing on your skin



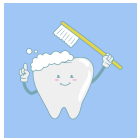
5. Coffee or tea

- Feel the warmth of the cup
- Notice colors, aromas and taste



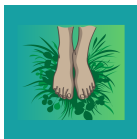
6. Mindful eating

- Take in the shapes, colors and smells of your food
- Eat slowly and savor each bite



7. Toothbrushing

- Notice the movement and sensations as you brush
- Appreciate flavors and feelings



8. Walking with presence

- Feel the floor or ground beneath you
- Notice the subtleties of each stride



9. Using the senses

- Move through each sense slowly as you take in the world
- Appreciate things you may have not noticed before



10. Handwashing

- Feel the water on your skin and the lather on your hands
- Take in the scents and appearance of the bubbles