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LIST OF ACTIVITIES FOR INFORMAL MINDFULNESS

WHAT IS INFORMAL MINDFULNESS? INFORMAL MINDFULNESS IS MEDITATING IN A WAY THAT DOESN'T REQUIRE YOU TO TAKE TIME OUT OF YOUR DAY TO SIT DOWN AND MEDITATE, BUT ALLOWS YOU TO BRING THE SAME KIND OF INTENTIONAL PRESENCE TO DAILY ACTIVITIES. YOU CAN PRACTICE INFORMAL MINDFULNESS IN ANY ACTIVITY OF DAILY LIVING FOR EXAMPLE:

1. EATING
2. WALKING
3. BRUSHING YOUR TEETH
4. TAKING A SHOWER
5. WASHING THE DISHES
6. COOKING

AS YOU DO SO, IT IS OFTEN HELPFUL TO SLOW DOWN. FOR EXAMPLE, IF YOU ARE ENGAGING IN AN INFORMAL PRACTICE WHILE EATING, SLOWING DOWN TO VISUALLY EXAMINE YOUR FOOD, TAKING IN THE DIFFERENT COLORS AND TEXTURES OF THE FOOD, SMELLING THE FOOD, AND NOTICING BURSTS OF FLAVOR WITH EACH SLOW MINDFUL BITE.