



Mindfulness Activity

Practicing mindfulness means paying attention to the immediate moment and keeping your attention on your present environment, both internally and externally. Living mindfully allows your brain to stay organized, helps you notice your thoughts and reactions, and enables you to fully experience each passing moment without getting lost in thoughts about the past or future.

Just as with anything else, learning to live more mindfully takes practice. Try the following mindfulness activity to keep your mind focused on the present. Notice whether you become more mindful over time with practice.

Mindfulness Activity:

Set a timer to go off every one or two hours. When you hear the timer, write down the following:

- 1) My thoughts right before the timer went off were:

- 2) My thoughts were in the past/present/future:

- 3) One thing I see right now:

- 4) One thing I hear right now:

- 5) One thing I smell:

- 6) One thing I can touch or feel:

- 7) One thing I taste:

- 8) One feeling I have right now is:

- 9) One physical thing I notice in my body is:
