

## Tips for Living Mindfully

Mindfulness is *moment-to-moment impartial awareness*. Mindfulness is paying close attention to the here and now which is the only place we ever really are. Please remember Victor Frankl's words:

**"Between the stimulus and response, there is a space and in that space lies our freedom and power to choose our response. "**

Be mindful daily observing your breath, body and mind, even a short period (5-20 minutes), will be beneficial. Please remember to stop from time to time.

**S:** Stop  
**T:** Take a breath  
**O:** Observe  
**P:** Proceed

1. Learn to watch your mind, to observe your own thinking. Notice the repetitive patterns, the kinds of things that keep coming up for you that take you out of the present moment. Reduce automatic and habitual patterns. Learn to act more deliberately with awareness.

2. Accomplish at least one task each day mindfully. In other words, while you are doing something, just be doing that one thing, fully present and attentive to what you are doing. For example:

- While you are walking, just be walking. Notice each step.
- While you are brushing your teeth, just be brushing your teeth.
- When washing the dishes, just be washing the dishes.
- While driving to work, drive 55, turn off the radio and be aware of driving your car, notice the way your body feels while driving, experiencing each moment as completely as possible.
- While eating lunch, eat at least one meal each week in silence, without radio, TV, reading, etc., using the time to just experience eating and be with yourself.

3. Choose daily cues from your environment such as the sound of any bell or the need for any pause (like red lights, lines, office machines warming up, etc.) to re-center and come home to yourself through conscious breathing.

4. As you arrive back home from your workday, pause a few moments before you leave your car and consciously transition from work, letting go of the day's troubles. Breathe them out of you. As you are home, just be at home. Change out of your work clothes. Rest a little before diving into your home responsibilities.

5. There's no value in worrying about something before it happens. Equally, there's no sense in regretting the past. Make each moment matter.

6. Take yourself lightly and treat yourself with a great deal of patience, compassion, and kindness.

**Sacred Art of Nursing:** <https://sacredartofnursing.com/>

**For Upcoming Mindfulness Classes:** [www.mindfulnessprograms.com](http://www.mindfulnessprograms.com)