

For routine everyday use:

# Mindfulness exercises

## Listening mindfully

Sit yourself down somewhere, for example in the library, on a lawn or a park bench. Take a few minutes, close your eyes and try to increase your awareness, focusing on all the acoustic stimuli in your surroundings. Try to take in all of the sensations, and turn your attention back to hearing if your mind begins to wander.

## Watching mindfully

Try to closely observe an object, such as an image, along with all its facets and analyze its appearance. Don't judge, instead simply describe what you see and thoroughly take it all in. Refocus your attention if your mind wanders.

## Tasting mindfully

Put a small piece of food, such as a raisin, in your mouth. Try to feel the shape of the raisin with your tongue. Move the raisin around in your mouth. Can you taste anything yet? Now you can start chewing. Chew slowly and consciously. Do you notice any changes in taste or consistency? Pay attention to the sensations as you swallow. If you experience any distracting thoughts, don't dwell on them, just return to the exercise.

## Smelling mindfully

Hold an object up to your nose, such as a mandarin orange or an apple. Carefully take in the smell of the fruit. You can also peel the fruit slowly, paying attention to any changes in your feelings. Refocus your attention if your mind wanders.

## Feeling mindfully

Pick up an object, such as a soft sweater. What do you feel? What shapes and structures can you make out? Run your fingers over the fabric. Don't do anything else. Focus only on the object in your hands.

For routine everyday use (continued):

# Mindfulness exercises

## Walking mindfully

Choose a short route, outside or inside your home, for example, and start by walking slowly. Focus on the timing of your steps and the feeling of your body as you walk. Feel your feet touching the ground. Feel the pressure going from your heel to your toe as each foot makes contact. If you lose focus, just let it happen, but gradually focus your attention back to walking.

## Body scan

Briefly close your eyes and pay attention to your sensations. Focus your attention on yourself, letting it pass through your entire body: Notice the sensations in your feet and legs. Now how do your stomach, hands, arms and shoulders feel? Move up to your head and face muscles. Are you cold or warm? Is one shoe tighter than the other? Without changing anything yet, try to put together an accurate description that doesn't evaluate or categorize your feelings.

Based on: Kabat- Zinn, J. (2015). Im Alltag Ruhe finden: Meditationen für ein gelassenes Leben. Knauer.  
And Michalak, J., Heidenreich, T. & Williams J.M.G. (2012). Achtsamkeit. Göttingen: Hogrefe.