

5 WAYS TO PRACTICE DAILY MINDFULNESS

Be Present

Take some time each day to meditate or just focus on your senses. Breathe deep and bring your attention to the present moment in time.



Body Focus

Listen to your body and focus on how you feel. Take time engage in self-care activities like daily walking, taking a bath or going to bed an hour earlier..

Daily Gratitude

Focusing on what you are grateful for is a great mindfulness tool. Try journaling or creating voice memos. Be sure to read or listen for a quick pick-me-up when feeling down.



Be Creative

Creative pursuits like playing music or painting can be a great way to bring your mind to the present moment. Try new hobbies until you find the one that works for you.

Mindful Eating

Eating is a great time to bring your attention to the present moment. As you eat, think of the taste and the flavors. What do you love about the dish? This helps you chew better and digest better.

