

TASK TIME: 2 MINUTES

**Mindfulness Minute
Week 1 Day 5**

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It will teach How to deal with mind-wandering. It's part of the practice!



How A Lack Of Mindfulness Can Cost You

Let's talk about the opposite of mindfulness: mindLESSness.

Have you ever taken a shower and at the end had no idea whether or not you shampooed your hair? Have you ever come out of the mall and had no clue where you parked your car? Have you ever walked from your bedroom to the kitchen and by the time you get to the kitchen you have no idea what you came in for? That's mindlessness.

We do things mindlessly all time. And when we do, our mind typically goes off into the future (where we preview worrisome events that may never come to pass) or it goes back to the past (where we review negative events that have already happened and can't be changed.) And this very real form of time travel can make us angry, resentful, sad, depressed, tense, fearful and/or frustrated. Staying in the present moment - being mindful - helps reduce anxiety and eliminate anger.

Exercise: This week, whenever you are engaged in a repetitive task, notice how your mind tends to wander and notice if it goes to a negative place. This week, do whatever you can to bring your mind back to what you're doing in the present moment. By the way, whenever you realize that your mind has wandered, YOU'RE BACK in the present