

# 5 Ways to Practice Mindfulness

## Practice Using Your Senses

What noises do you hear? What scents do you smell? What are others around you doing? How does your body feel? Put your full attention in the present moment and observe it through your five senses to practice bringing your mind to the present moment.

## Focus on Your Breath

You are not in control of your breath. Yes, you may be able to hold your breath for sometime, but ultimately you're going to breathe again. Focus on your breath and notice the natural rhythm. Then for a minute try inhaling for the count of 4 and exhaling for the count of 4. This helps your brain and body get in tune with each other.

## Observe Your Thoughts

Spend a few minutes each day doing nothing. Put your phone away, shut the tv off, and remove yourself from distractions. Just let yourself exist. See where your mind goes and take mental note or write down everything that goes on in your mind without stopping regardless of what thoughts you're having.

## Pay Attention to Your Eating Habits

We all know what we eat is an important part of our physical health, but when and how we eat it is just as important. Pay attention to what you're eating and when or why. Are you bored or are you actually hungry? Did you shovel the food in while scrolling through social media feeds or did you take time to chew each bite?

## Practice Active Listening

In our society it is common for people to be thinking of the next thing they're going to say while listening to other people speak. Try to practice listening just to hear exactly what the other person is saying not to respond. This helps your brain stay in the present moment opposed to preparing for the future.