

MINDFULNESS OF TASK

No matter what task you are doing, you can be more present and aware of the moment by practicing mindfulness of tasks.

1. Set your intention to do a task.
2. Simply pay attention to what you are doing.
3. As soon as you notice that your attention has wandered and you are paying attention to something else, gently return it to the task at hand.
4. Repeat this process until the task is done.

Here's an example. Use this process no matter what task you are engaged in.

Mindfulness While Brushing Your Teeth

- Close your eyes and pretend that you are going to brush your teeth.
- Imagine that you are standing in front of the bathroom sink.
- Look at yourself in the mirror and slowly take a deep belly breath and sigh as you exhale.
- Pick up your toothbrush wherever it lives.
- As you hold the handle of the toothbrush, pay attention to how it feels in your hand. Is it hard, squishy, warm, cold, sticky, smooth, or rough?
- Now put the toothbrush under the faucet and turn on the water.
- As you do so, notice how the faucet feels on your fingers. Is it cool, hot, slippery, smooth, or sticky? Is it shiny or dull? Is it covered with drops of water?
- As the water starts to run into the sink, look at it for a moment. What does it look like? Is it a steady stream? Is it bubbly? Is it dripping or rushing out? Is it going quickly down the drain or starting to fill up the sink?
- Place your toothbrush under the water and notice how your hand feels as the water flows over the toothbrush. Did your hand get wet? What do you notice with the water running?
- Pick up the toothpaste container. Notice how much it weighs. Pay attention to how it feels in your hand. Is it warm, cold, smooth, rough, sticky? Is it hard, stiff or flexible?
- Open the toothpaste tube and smell the toothpaste. What do you notice about how it smells? Is it a fresh smell? Is it minty or some other flavor?
- Notice how your hand feels on the toothpaste tube as you put some toothpaste on your brush. Pay attention to the toothpaste as it glides onto the brush. What color is it? Can you smell it?
- Notice how your mouth feels as you put the toothbrush into your mouth and start to brush your teeth. Is there a tingling sensation from the toothpaste? Is your mouth full of toothpaste bubbles? How do the bristles feel on your teeth? How about your gums or your tongue?
- Now notice how your mouth feels as you rinse it out with water. Run your tongue around your teeth. Do they feel clean, smooth, rough, jagged, bumpy or slippery?
- Pay attention to how the brush looks as you rinse it with water.
- Notice how your hand feels as you put the brush and the toothpaste away.
- Look at yourself in the mirror.
- Take a slow deep breath and give yourself a big smile as you open your eyes.