

## Mindfulness in chores

### MINDFULNESS OF DOMESTIC CHORES

Pick an activity such as ironing clothes, washing dishes, vacuuming floors, mowing the lawn, cooking dinner and do it mindfully.

For example, when ironing clothes: notice the colour and shape of the clothing, and the pattern made by the creases, and the new pattern as the creases disappear. Notice the hiss of the steam, the creak of the ironing board, the faint sound of the iron moving over the material. Notice the grip of your hand on the iron, and the movement of your arm and your shoulder.

If boredom or frustration arises, simply acknowledge it, and bring your attention back to the task at hand.

When thoughts arise, acknowledge them, let them be, and bring your attention back to what you are doing.

Again and again, your attention will wander. As soon as you realise this has happened, gently acknowledge it, note what distracted you, and bring your attention back to your current activity.

Was there anything that you noticed while doing this activity? If so, write it down so you can bring it up in your next session with your psychologist.

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*Mindfulness - Being present in every moment without judgement.*