

Mindfulness in the morning

MINDFULNESS IN YOUR MORNING ROUTINE

Pick an activity that constitutes part of your daily morning routine, such as brushing your teeth, shaving, or having a shower. When you do it, totally focus on what you are doing: the body movements, the taste, the touch, the smell, the sight, the sound etc.

For example, when you're in the shower, notice the sounds of the water as it sprays out of the nozzle, and as it hits your body as it gurgles down the hole. Notice the temperature of the water, and the feel of it in your hair, and on your shoulders, and running down your legs. Notice the smell of the soap and shampoo, and the feel of them against your skin. Notice the sight of the water droplets on the walls or shower screen, the water dripping down your body and the steam rising upwards. Notice the movements of your arms as you wash or scrub or shampoo.

When thoughts arise, acknowledge them, let them be, and bring your attention back to the shower. 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 the shower.

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.

Mornings, sacred opportunities to start over. - Max Miller