

## Exercise sheet

# FULL AWARENESS



Informal exercises in full awareness

We are all very busy and several of us do not have time (or are not Not really decided to take it) to do formal mindfulness exercises. However, we can do it informally during the day. Here are two examples:

### 1 Mindfulness in your morning routine:

I choose an activity that's part of my morning routine, like brushing my teeth, shaving, or having a shower. When I do it, I focus entirely on what I'm doing: body movements, taste, touch, smell, sight, sound, etc. For example, when I'm in the shower, I observe the sound of the water as it comes out of the shower head, when it hits my body or when it runs down the drainpipe. I notice the temperature of the water and feel it in my hair, on my shoulders and along my legs. I note the smell of the soap and shampoo and their sensation on my skin. I observe the drops of water on the walls or on the shower curtain, the water that slides over my body, and the bouncing jet on the floor. I notice the movements of my arms when I wash, rub myself or shampoo my hair. When thoughts arise, I acknowledge their presence, I let them be, and I draw my attention back to my shower. My attention will keep wandering. As soon as I realize it has, I acknowledge it with kindness, I'm aware of what distracted me, and I direct my attention back to my shower.

### 2 Mindfulness during the execution of household chores:

I choose a task that I usually try to do in a hurry, or which I tend to do to distract myself, or a task performed by gritting my teeth and that I just want to finish, such as ironing clothes, washing dishes, vacuum cleaning, making snacks for the children. I use these tasks as opportunities to practice mindfulness.

So, while ironing clothes, I observe the colour and shape of the clothes, the patterns created by the folds and the changes when the folds disappear.

I note the hiss of the steam, the creak of the ironing board, the light sound the Iron makes as it moves across the fabric. I observe how my hand grips the iron and the movement of my arm and my shoulder.

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If boredom or frustration come to the surface, I simply acknowledge their presence and direct my attention back to the task.

When thoughts arise, I take note of their presence and let them be, drawing my attention back to what I'm doing.

My attention will always wander. As soon as I realize it has, I acknowledge it with kindness, aware of what distracted me, and I direct my attention back to my current activity.

*Now get ready for some informal mindfulness exercises:*

During my morning routine, I will practice mindfulness

when

During my evening routine, I will practice mindfulness

when

During the week, I will practice mindfulness  
when I do the following task(s)

*Now think of some informal mindfulness exercises you can do quickly and easily, and write them down, e.g., when you go to the bank or you're waiting at a traffic light, you can practice mindfulness to offset your impatience; or when you're eating, you could give yourself the objective of taking your first two bites practising mindfulness.*

At the end of each week, go back your sheet and check how you did.

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