

Mindfulness in Everyday Activities

We have an extraordinary amount of control over our well-being by being present and mindful, the process of actively noticing where we are not bound by past experiences, conventional wisdom, or what may happen in the future.

“Mindfulness is the simple process of noticing new things.” ~ Dr. Ellen Langer

Dr. Langer: [Mindfulness Over Matter](#) talk

Shower Meditation

Every time we take a shower; we can visualize washing away your stress and anxiety. Concentrating on the feel of the water upon our skin. Envision the power of the water, washing away negative thoughts. Feel sadness, regret, anger, and depression washing right off us. Let it all go down the drain. We may emerge feeling lighter and more clear.

Mindfully Walking

It is not just getting to the destination. Often, we are distracted by something else while walking. It may be our thoughts, or a podcast, or the dog. We can make walking a mindful activity by taking notice of the things around us.

Dr. Langer says that our lives can become interesting again when we are mindful.

Practice for Week 4: Do one task each day mindfully. (i.e. - eating, brushing teeth, washing dishes, taking a shower, taking out garbage, or shopping)

Prayer:

Dear God, as we navigate this moment, help us to fully embrace the present, letting go of worries about the future and regrets of the past. Grant us the awareness to appreciate the beauty in the simple things, and the strength to be fully present in each interaction. Guide our thoughts to focus on the here and now, so we may savor the gifts of this very moment. Amen