

# Theme H: Tips to Take Away

## Mindfulness Cues

You can enhance your practice of mindfulness by using cues to remind yourself to pay attention in order to be really present for your one and only life.

- ★ Put a note on your computer screen or your mirror reminding yourself to “BREATHE.”
- ★ Drive or walk with the music turned off, for a change, to notice your surroundings.
- ★ Take three slow, mindful breaths as you get up in the morning and before you go to sleep.
- ★ When you talk to a friend, really listen. Gently let your own thoughts and preoccupations go, and tune in to what this person is saying.
- ★ Download a bell sound to your computer, and set it to ring at random moments. Each time it rings, take a mindful breath.
- ★ Choose a path or street that you walk or run down regularly. Make that your “mindful walking or running path” and practice mindful walking or running each time you go there.
- ★ Go outside at night for three minutes and really look at the stars.
- ★ Go outside during the day for three minutes and really look at something beautiful in nature.
- ★ Exercise mindfully. Pay attention to the movement of your body.
- ★ Practice taking a mindful breath before responding to an e-mail or text message.
- ★ Center your attention by taking five mindful breaths before you start your homework.
- ★ Continue to expand on your “Mindfulness in My Life” activity in theme B.