

Toilet Talks



Spring 2021

TWO MINUTE MINDFULNESS

Mindfulness brings our awareness and attention to the present moment without judgment, and is a practice that can enhance our overall wellbeing. Studies have shown that mindfulness is an effective tool for stress reduction.

Whenever you bring awareness to what you're directly experiencing with your senses, or to your state of mind via your thoughts and emotions, you're being mindful. We all have the ability to be mindful, but it does take some practice. Below are some simple, short exercises you can incorporate into your daily life (*source: mindful.org*).

MINDFUL BREATHING

Sit quietly and focus on your natural breathing. If your mind wanders into planning, day-dreaming or criticism, notice where it has gone and gently redirect it back to your breath and the sensations in the present.

MINDFUL OBSERVATION

Focus on something in the natural environment for a few minutes - such as an animal, flower or tree - and imagine you are looking at it for the first time. Do you notice anything new?

MINDFUL LISTENING

Select a song you have never heard before. Neutrally allow yourself to experience all aspects of the song, carefully noticing all of the vocals, beats and instruments.

MINDFUL AWARENESS

Pick a routine task, such as brushing your teeth, eating a piece of fruit or washing a dish. Try focusing on the task more carefully and slowly using a variety of your senses.



#ProtectYourNest

Help prevent the spread of COVID-19:

- Wear a face covering
- Maintain physical distance
- Wash hands often
- Avoid gathering in groups