

Mindfulness in Everyday Life

What is mindfulness?

Mindfulness means noticing what’s happening right now. It’s about paying attention to your thoughts, feelings, and senses—like what you see, hear, or feel—without judging or trying to change anything. You can practice mindfulness anytime, during everyday activities. The goal is simply to be present in the moment.

How mindfulness helps your mental health

Mindfulness helps you focus on the present instead of worrying about the future or regretting the past. Over time, practicing mindfulness can help you manage strong emotions such as sadness, worry, and anger. Simply observing your thoughts and feelings can make you feel less overwhelmed and improve your coping skills.

Mindful practices you can try

1. While walking

- Feel each step and how your feet touch the ground.
- Notice your breathing—slow, deep, or shallow.
- Observe sights, colors, shapes, and movement around you.
- Listen to sounds like birds, wind, or footsteps.
- Smell the air, flowers, or fresh grass.
- Notice any tension or relaxation in your body.

2. While eating

- Take small bites and notice the food's colors, textures, and smells.
- Taste each bite—sweet, sour, salty, bitter, or a mix.
- Focus on chewing slowly and enjoying each mouthful.
- Notice how your body reacts—hunger, satisfaction, or fullness.

3. While showering

- Feel the water on your skin—its temperature and movement.
- Notice the scent of soap or shampoo.
- Listen to the sound of water falling and splashing.
- Observe your body's movements and sensations.

Helpful tip: It's normal for your mind to wander. Gently return your focus to the activity without judging yourself.

For more mental health educational resources, visit depressioncenter.org/toolkit.

This document provides general educational information developed by the Eisenberg Family Depression Center. It is not a substitute for professional medical advice. Please consult your health care provider if you have questions about your health or treatment options.