

Engage Mindfully



Enabling ourselves to be in the present moment allows our minds to focus on something other than the stress and anxiety that may be dominating our thoughts. Additionally, some moments can transport us into new experiences of connection with something bigger than ourselves. Take notice of the sounds you hear, the sights you see, the sensations your body feels, what you smell & taste, and even taking stock of various emotions you feel.

Find the Joy & Be in the Moment

Relish in the home-cooked meals; embrace the game nights with siblings; listen to music that moves you; savor time with your pet. Focus on things that you have now that you wouldn't have had easy access to if your spring had gone according to plan.

Yoga for Calm

Consider yoga being more than a physical exercise, but rather a practice to hone your mindfulness skills (the ability to intentionally pay attention with a kind and curious attitude). Along with [soothing anxious thoughts](#), yoga emphasizes present-moment awareness in body, heart, & mind. Next time you're stretching it out, try bringing kind-hearted attention to the sensations you feel in your body, thoughts coming and going, and any emotions your heart is carrying. Simply notice it all, without needing to fix or change a thing.

Check out [this site](#) for free yoga classes of all kinds and for all levels. Includes meditations and guided relaxations too!

Wash your Hands (Mindfully!)

At this point we all know how important it is to wash our hands for at least 20 seconds and follow best practices to [stop the spread of germs](#). If singing Happy Birthday twice is getting old you could use up 20 seconds by [washing more mindfully](#):

- Begin by telling yourself, "I intend to bring all my attention to washing my hands."
- Look at the tap and the sink. Notice the contrasting colors and textures.
- As you turn on the faucet, notice how the metal or plastic feels against your hand. Notice your hand as it moves.
- Hear the sound of the water running. Feel the water caressing your hands.
- Notice the temperature of the water and of the soap.
- Feel your hands massage one another as you lather up the soap.
- Can you smell the soap? Any other smells? Notice how the soap bubbles feel on your skin. Now, pay full attention to the feelings and sounds of the water as you rinse your hands.
- Don't stop there - Continue to focus. Feel the tap again. Notice the muscles in your hands moving.
- As you dry your hands, notice the texture of the towel, and perhaps the sounds the towel makes. Notice the temperature of your hands and how it changes as they go from wet to dry. When you are done, take a few seconds to take a full, relaxing breath.