# MINDFULNESS A LA BZA

- "In the morning, I try to be mindful as I moisturize the skin, focusing on the textures and smells as well as the healing care represented in my own touch."
- "I eat my breakfast (or lunch) mindfully, really tasting each bite and focusing on the different textures and smells that I can sense."
- "When I am out on a run, I will take 3 or 4 minutes to just focus on the rhythm of my steps and the sensations in the muscle groups I use to propel my body forward."
- "As I wind down from my day, I listen to a favorite song but challenge myself to follow the percussion line or the base guitar throughout it."
- "As I slowly breathe in, I tap each finger to my thumb and say "1-2-3-4" and then slowly breath out tapping each finger again to my thumb and say "4-3-2-1". I do it as many times as I need to until I feel calmer, usually about 4 or 5 times."
- "When I wash my hands, I take time to focus, even if it's only for 20 seconds, on the feeling of the soap between my fingers and the sensation of the water running. It's a small thing, but it helps me 'reset' my brain."
- "I make it a practice to go to the gym 3-4 times a week. It keeps me balanced and allows me to get in a little time alone too. :)"
- "I practice mindfulness by crocheting, reading, and planning fun events."
- "I really try to take a few minutes each day to walk around the school while students are in classes. I try to focus on my breathing and I enjoy paying attention to all the noises and different art work on the walls."
- "I try to spend time everyday in my sewing studio sewing or quilting. It takes enough concentration to keep me from thinking about the rest of the world. I also just find being creative relaxing. Besides being in my studio I crochet, bake and hand sew."

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Mindfulness is less an activity than it is a state of being. Over time and with practice, you can get better at recognizing thoughts as interruptions to these mindful moments and redirecting your attention without being frustrated or discouraged. Give it a try!