

Informal Practice

Take a few moments to reflect and build a practice that you can take out into your life with you.

Choose an Anchor: something ordinary that happens or that you do every day that can serve as your anchor, your trigger to be aware and notice that you are aware of the present in that moment.

Choose what to do next: there are lots of ways to bring mindfulness to a moment of awareness - here are just a few.

- Check in for 1 sensation, 1 emotion and 1 thought
- Bring all your senses to the party - what do you smell, hear, see and feel
- Offer yourself a moment of compassion or understanding
- Take a long slow breath and choose to extend either the inhale (for more energy) or the exhale (for more soothing)

You've interrupted automatic pilot - what do you want to do next?