Articles about mindfulness and meditation are seemingly everywhere these days. Meditation is one way to cultivate mindfulness, but not everyone is ready for or interested in meditating. While the scientific benefits of meditation are well documented, it’s not necessary to meditate in order to be mindful.

Merriam Webster defines “mindfulness” as the practice of maintaining a nonjudgmental state of heightened or complete awareness of one’s thoughts, emotions, or experiences on a moment-to-moment basis. Another way of saying it is: paying attention to what is happening in the moment, with curiosity and without judgment. Often we just tune out, ruminating over the past or worrying about the future. But opportunities to be present in the moment abound in everyday life.

Being mindful can mean simply focusing on your senses and the information they are taking in. Here is a list of some readily available opportunities, but you can use any experience or situation as an opportunity to be mindful. Happy practicing!

- Savoring interactions with friends or family
- Consciously interacting with difficult people
- Petting a dog or cat
- Cooking or eating
- Washing dishes
- Drawing or painting
- Listening to or playing music
- Gardening or doing yard work

Recommended Reading on Mindfulness


