

Mindfulness TandemTool™

Mindfulness activities do not need to take a long time to do. These mindfulness activities take just 10-15 seconds, and when practiced throughout the day, are remarkably effective.

For best results, identify the prompts you will use to remind you to take that time for yourself, e.g., when you wake up, when you get out of the shower, when you first sit at your desk, etc. Also, look for patterns in your day that you know will bring you stress, and practice these strategies BEFORE so that you can break the pattern.

Be prepared to discuss your insights and challenges at your small group coaching session.

Mindfulness Activity	Description	Prompt: what will remind you to do this?	What you Learned
Touch	<ul style="list-style-type: none"> • Rub two fingertips together, focusing on what it feels like. Can you feel the ridges of your fingertips touching? • <i>Clear your mind and just focus on what it feels like.</i> 		
Visual	<ul style="list-style-type: none"> • Choose an item to look at for 10-15 seconds. • What colors are present? • What is the surface made of? • What are the nuances and details of the item? • <i>Clear your mind and focus on what it looks like.</i> 		
Hearing	<ul style="list-style-type: none"> • Listen to sounds around you. • What are the furthest sounds? • What are the sounds closest to you? Can you hear your breathing? • <i>Clear your mind and focus on sounds.</i> 		
Breathe	<ul style="list-style-type: none"> • Sit in a chair, placing your feet firmly on the ground. Sit upright, with good posture and shoulders back. • Close your eyes and breathe slowly in and out. • <i>Clear your mind and focus on your breathing.</i> 		