



BEING MINDFUL WITH THE 5 SENSES



Observe what is around you. Notice shapes, colors, and textures.

Take time and look at things you might not usually notice.



Take the time to listen to what is in the background instead of what is obvious.

Listen for previously unnoticed sounds, such as the hum of the refrigerator.



Become aware of the differing feel of everyday items that surround you.

Touch items with various textures and notice the differences among them.



Take a drink, and notice the feel of the liquid rolling over your tongue.

Chew on a piece of gum and notice how the taste changes over time.



Focus your attention on your surroundings to notice what different smells are in the air.

Pay attention to what scents invoke different feelings in you.

Mindfulness Choice And Control In Everyday Life

Y Pai



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