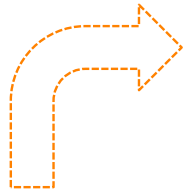


# MINDFULNESS TOOLS AND TECHNIQUES

*informal moment-to-moment mindfulness...*

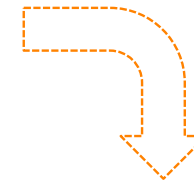
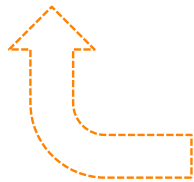
## DAILY ACTIVITY

*bring awareness to an everyday activity:  
taking a shower, making tea, brushing your teeth*



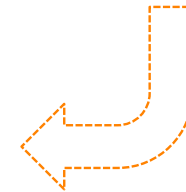
## AWARENESS

*this practice tunes into the  
present moment calming  
the mind and body*



## FOCUS

*turn your attention to the activity:  
notice smells, colours, textures,  
sounds, tastes and sensations*



## NOTICE

*notice when the mind wanders,  
bring it back to focus on the activity*