



The King's (The Cathedral) School
Peterborough

Mindfulness:

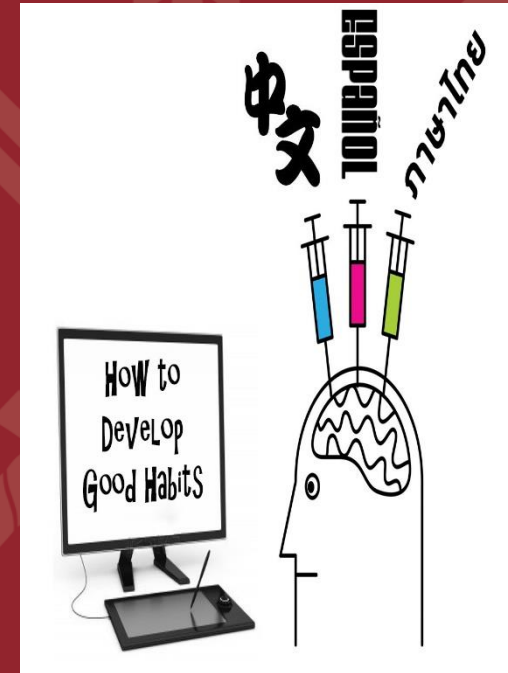
Creating a Mindfulness Habit

Creating a mindfulness habit [1]

'Habit is a cable; *we weave a thread* each day, and at last we cannot break it'

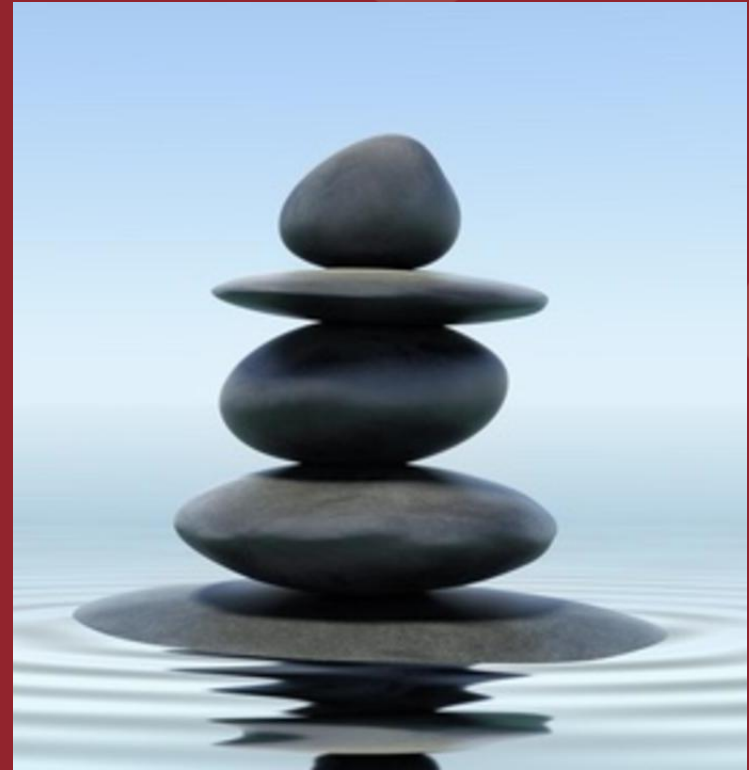
- Horace Man

It isn't necessary to be mindful in all your waking hours, but unless you make a concerted effort to be mindful on a daily basis it's easy to get distracted by a myriad of things that divert your attention through the day.



Creating a mindfulness habit [2]

Occasional attempts at 'being in the moment' or to 'notice the little things more' and 'live in the here and now' are well meaning, but distractions and preoccupations take over and our resolutions to be more mindful may fall by the wayside.



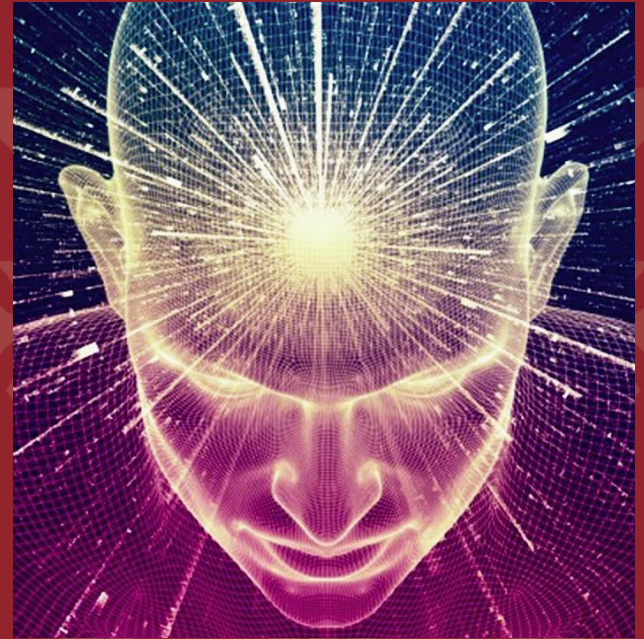
What to do

You need to make mindfulness a habit, something that you do on a regular basis until it becomes normal, everyday practice.



Your mind is able to do this [1]

Establishing new ways of thinking and doing is not difficult, provided the new ways are constantly repeated. How come? When you think or do something in a new way, you create new connections, or neural pathways, in your brain. Then, every time you repeat that thought or action, every time you continue using these new pathways, they become stronger and more established.



Your mind is able to do this [2]

It is like walking through a field of long grass; each step helps to create a new path, and every time you walk that new path you establish a clear route which becomes easier to use each time. It becomes a habit to use that route. Since your distracted and preoccupied mind isn't going to remind you to be mindful, you need something else to remind you.



In Practice [1]

'The hard must become habit. The habit must become easy. The easy must become beautiful'

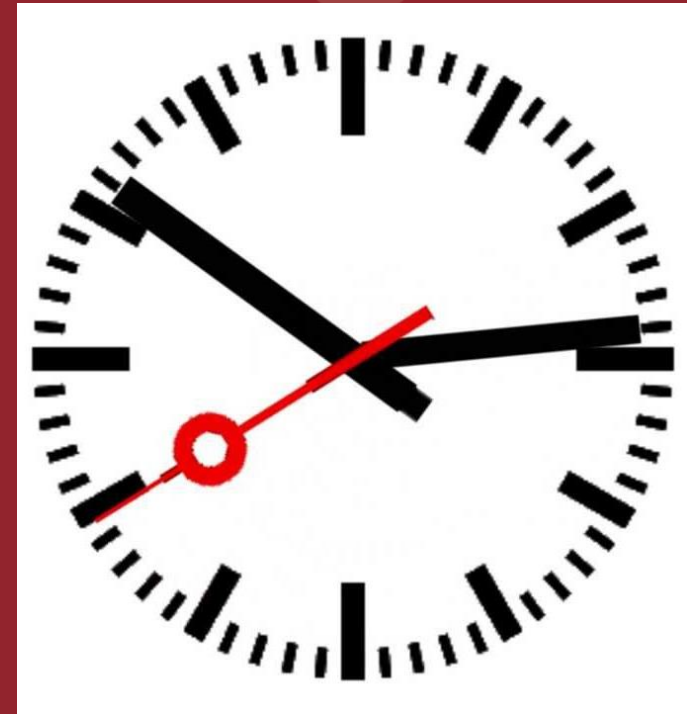
- Doug Henning

1. Set a timer on your phone (with a soothing tone) to remind you to be mindful at random times of your day.



In Practice [2]

If you can download a 'Mindfulness Bell' app, it rings periodically during the day to give you the opportunity to pause for a moment and consider where you are, what you are doing and what you are thinking. Alternatively, set an alarm.



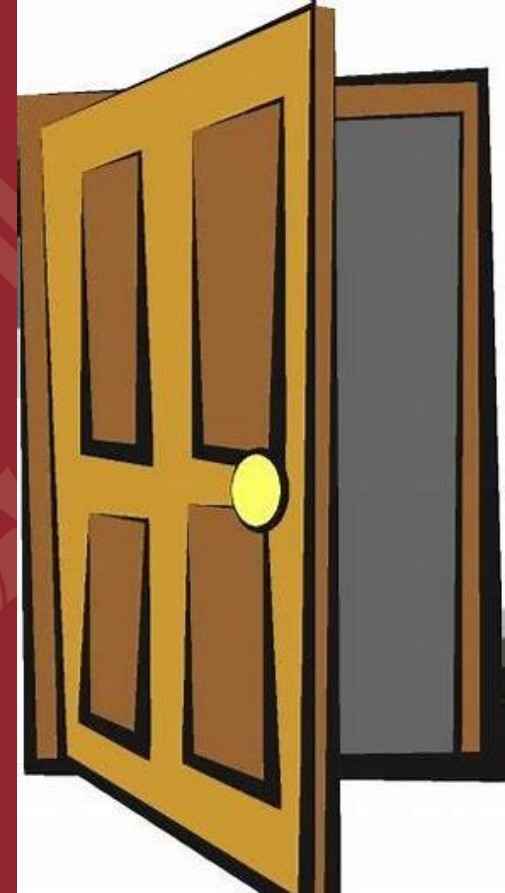
In Practice [3]

2. Put a note on your bathroom mirror saying, 'Be Mindful'.
3. Decide to do things differently to experience different results; write them on post-it notes and place them wherever you might see them, e.g. by the phone, fridge, etc. to remind you to do things differently.



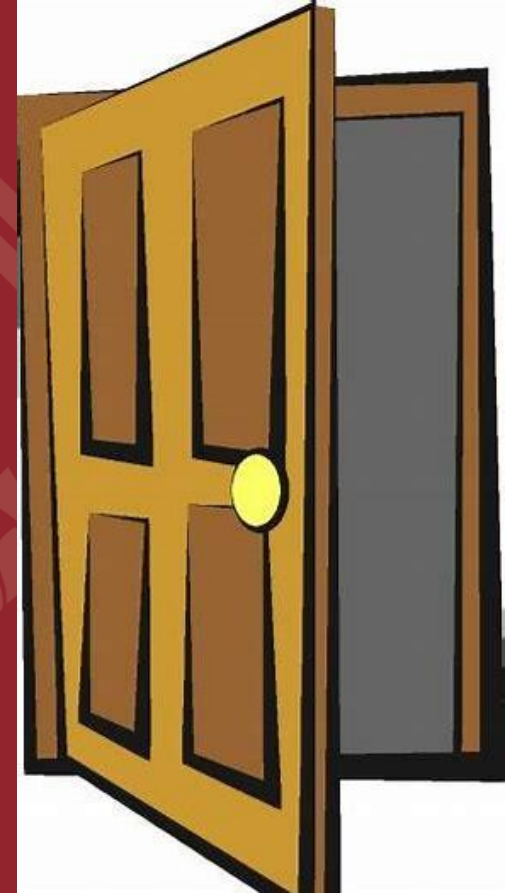
In Practice [4]

4. Make a mindfulness date with yourself, a time when you do something specifically devoted to mindfulness. It could be taking a short walk, eating a quiet meal or drinking a cup of tea.
5. Commit to being mindful every time you open a door. When you open a door, drop whatever is in your mind (you can pick it up again shortly), and, instead, watch your hand push the door or grasp the doorknob.



In Practice [5]

6. Open the door with patience and purpose. Feel its weight and whether it opens easily. Take in the new scene that's revealed. Smell the air and notice any change in the temperature of the outside space or the room you are entering. Listen to the sound of the space you have just left give way to the space you have just entered.



Just a small commitment

It is a small commitment, maybe five seconds at a time, a handful of times a day.

Just be sure that when you open a door, you *open the door*.

You are doing it anyway. Make it an opportunity to be present.

Set
BIG goals

But achieve them with small commitments