

The background of the entire page is a repeating pattern of stylized citrus slices (orange and red) and dark blue flowers with green leaves. The central text is contained within a large, light yellow rectangular area with rounded corners.

# A Day of Mindfulness

## 8 Simple Steps

Shonda Palmer Wellness



## 8 Simple Steps for a Day of Mindfulness

### Breathe

Inhale through the nose, exhale through the mouth. With your hands on your belly, notice the rise and fall with each breath.

### Mindful Eating

Notice flavor, texture, colors, aroma, temperature. Chew each bite completely. Put your utensil down between bites and take a breath.

### Mindful Movement

When you are walking, be aware that you are walking. Notice your foot lift off the ground, move forward, then placed on the ground again. Feel the earth beneath your feet and notice if it is hard, soft, uneven, smooth.





*8 Simple Steps for a Day of Mindfulness*

## *Savor Your Senses*

Notice the beauty of nature, the warmth of the sun on your head, the chill of a breeze on your cheek. Feel the fabric of your sweater, notice the spicy sharpness of your tea, smell the fresh cut grass, and take in the color of the sky.

## *Mindful Work*

Take a breath and pause each time your phone rings. Feel the computer keys compress as you type. Wash a dish and notice the suds and warm water.

## *Notice Emotion*

Recognize emotion as it arises. Where is it in your body? What sensations are you now aware of?







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## *Cultivate Gratitude*

Write 5 things you are grateful for in a journal every evening no matter how small.

## *Body Scan*

Start at your feet and bring awareness to your toes, feet, lower leg, knees, thighs, hips, abdomen, chest, back, shoulders, arms, hands, fingers, neck, jaw, brow, head. Notice each body part and acknowledge any tension without judgment. Release and soften

*Thank you for being part of the  
10 Day Meditation tribe!*

