Your MBSP Toolbox
Session 4: Strengthening Mindfulness in Everyday Life

Key Insights

- *Mindful living* means to bring the present-moment energy of mindfulness and strengths into your daily routines and actions. This helps you to increase your enjoyment and peace in life. Paying attention to one thing at a time facilitates mindful living.
- Your strengths also help you with mindful living. You might use prudence or zest when you walk mindfully, gratitude when you eat mindfully, kindness when you drive mindfully, and curiosity and social intelligence as you listen mindfully.
- You can transform boring tasks (e.g., vacuuming, making your bed, folding laundry) by mindfully paying attention to your senses and to the novel features of the activity.

From the Science

- In a research study of people washing dishes mindfully (compared with people who washed dishes as usual), the mindful dishwashers experienced higher curiosity, inspiration, and overall mindfulness, and less nervousness (Hanley et al., 2015).

For Your Exploration

- What is something you want to improve on (e.g., parenting, working on a project)? Consider when you are particularly distracted when doing that activity (e.g., mindless parenting, mindless working). What is one small action you can take to be more present at that time? Which of your character strengths might help you?

Pearl of Wisdom

- Life is (re)discovered in the little things. Use your mindful attention and your character strengths to help you appreciate this reality.

Expand Your Toolbox

- Mindful Walking practice (Audio Track 6): Practice walking with your full attention. Engage your senses. Be aware of your inner experience and the external environment.
- Conduct a Strengths Interview: Interview (Practice Activity 4.2) any person in your life about their character strengths – how they see the strengths in themselves, why they are important to them, and ways they use them during good and challenging times.
- Use the strengths gatha meditation throughout your day. Say and image these phrases:
  - Breathing in, I see my strengths,
  - Breathing out, I value my strengths,
  - Dwelling now in my strengths,
  - I express myself fully.
- Create your own strengths gatha to use in your daily life (Practice Activity 4.1).