

# Mundane to Mindful

It's not easy being an attorney. The work can be fascinating and often rewarding, but it can also be stressful, exhausting, and overwhelming. By adapting the practice of mindfulness into your daily routine, you can help reduce stress, boost performance, and improve overall well-being.

## 9 Tips to Help Incorporate Mindfulness into Your Daily Routine

### Start Your Day with Meditation

Training your mind through meditation offers the potential to transform your perspective on life. Taking just 5 minutes in the morning to sit quietly and follow your breath can help you feel more conscious and connected for the rest of your day.

### Focus on One Thing at a Time

Even though multitasking can make us feel more productive, taking on one task at a time allows us to connect more deeply to the task at hand. This can lead to more creative thinking and allows us to utilize problem-solving skills.

### Slow Down

Savor the process, whether it's writing a report, drinking a cup of tea, or cleaning out closets. Make your actions deliberate, not rushed and random. Paying thoughtful attention to daily actions, promotes healthy focus and can keep you from feeling overwhelmed.

### Schedule Space Between Tasks

When scheduling your day, leave 10 minutes at the start or end of every hour to allow yourself some room to breathe and do your task with intention before rushing to accomplish the next item on your to-do list. Use this time for water, food, or walks outside.

### Eat Mindfully

Savor each bite, slowly, and really get the most out of your food. Eating your meal without the TV, computer or paper in front of you, where you can truly taste and enjoy what you're eating, gives you time to tune into whether your body is hungry or full.

### Practice Mindful Listening

When you listen mindfully, you are fully present in the moment absorbing the speaker's whole message. Learn to let go of personal reactions and other distractions that block your understanding, so that you remain receptive to other people's ideas.

### Limit Screen Time

With all forms of media at our fingertips, our minds can easily become overloaded with information. Set boundaries for screen time with designated times for social networking and news consumption. Remember to skip scrolling through your phone before bed.

### Keep Moving

Being mindful during exercise can relieve stress, make you feel good and even make your workouts better. Whether it's walking, practicing yoga, or just stretching at your desk, become aware of your body's sensations by moving.

### Stay in the Moment

Become more aware of your thinking. Are you constantly worrying about the future? Learn to recognize when you're doing this, and then practice bringing yourself back to the present. It will help you see things as they are, not as you believe them to be.

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