WORKSHEET 40 · FOR THE PSYCHOLOGIST

A mindful everyday activity

Stepping out of autopilot during an ordinary task

AIM

Bring mindfulness into daily life by choosing a routine activity (brushing your teeth, showering, washing up) and giving it full attention.

WHO IT IS FOR

People who “don’t have time” to meditate, rumination during automatic tasks.

DURATION

A few minutes a day for 1-2 weeks

HOW TO RUN IT

1. Explain autopilot: during repetitive tasks, the mind often drifts into rumination.
2. Choose a specific daily activity together.
3. During that activity, pay attention to the sensations: temperatures, smells, sounds, movements, as if for the first time.
4. When the mind wanders, notice it and come back to the sensations.
5. Review: what was noticed for the first time? Any effect on mood or rumination?

POINTS TO WATCH

> Keep the same activity for several days before changing. The aim is not to do the task perfectly, but to be present.

REFERENCES

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Kabat-Zinn, J. (1990). Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. Delacorte.

PSYCHOLOGIST’S NOTES

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WORKSHEET 40 · WORKSHEET TO HAND OUT

My mindful activity

You don't need to find extra time: you can practise during an activity you already do every day. It is simply about really being there while you do it.

1. My daily activity: _____ (brushing my teeth, showering, washing up…)
2. During the activity, notice the sensations: temperature, smells, sounds, movements.
3. Do it as if for the first time.
4. When your mind wanders, notice it and come back to the sensations.

Day	Done? (yes/no)	What I noticed for the first time	Where my mind went

What changes when I am really there during this activity?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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