

"Wherever you are, be there totally."

- *Eckhart Tolle*



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# USING MINDFULNESS TO FIND THE SILVER LININGS

 Varies

 Varies

 Varies

Fold me

Fold me

# The Five Senses

In addition to allowing you to enjoy and interact with life every day, your senses also give you the opportunity to get out of your head and into appreciation of the present moment and the silver linings that lay within our senses.

## Coming to Your Senses

Pick any activity today and notice every sensory sensation you possibly can. Really take it all in, just observing “on purpose, in the present moment, and nonjudgmentally.” You might be surprised at how even everyday tasks you normally ignore (or are too distracted to notice) start to become stimulating, enjoyable, and vibrant. Things like showering, eating, drinking, driving, folding laundry, even just breathing, can take on a whole new life. If your mind jumps back in with worries, to-do lists, or distractions, bring your attention back to your senses. Notice any breaks in thinking or subtle feelings of “space” or relaxation that come from paying attention to your senses.

# WRITE IT DOWN

Use the space below to record each sensory sensation you notice throughout the day.

