

10 MINDFULNESS TIPS

Ten ways to integrate Jewish mindfulness throughout each day and in your life.

1. **Practice Gratitude.**
When you wake up in the morning, be conscious that you are alive. Think of one person for whom you are grateful. *Modah/Modeh Ani* (Grateful Am I)

2. **Be Still.**
Take time each day for silence. Set a timer for 5-20 minutes & put on your calendar. Listen for the “still small voice” within.

3. **Make a list of 100 Blessings.**
The Talmud advises that we say “thank you” 100 times a day. Keep a running list & challenge yourself to notice blessings, however small. (*Talmud Brachot 17a*)

4. **Notice the patterns of your thoughts.**
During the day, pay attention to judgments as they arise in your mind. Contemplate your mind’s processes.

5. **Breathe.**
Take a conscious breath at natural breaking points throughout the day, being aware of the gift of the breath. *Then Adonai formed the human of the dust of the ground, and breathed into his nostrils the breath of life (nishmat chayim); and man became a living soul (nefesh chayah)* Genesis 2:7

6. **Practice forgiveness of self & others.**
At the end of the day, release resentments & “shoulds.” Don’t wait until *Yom Kippur* to forgive.

7. **Practice lovingkindness.**
Do one act of *chesed* (kindness) each day for another living being.

8. **Learn something new each day.**
Search out a bit of wisdom. Continually fill your well with new insights.

9. **Stay connected with community.**
Hillel said: Do not separate yourself from the community. (*Pirke Avot 2:5*)

10. **Before each meal, pause, breathe, and be grateful.**
Barukh ata Adonai Eloheinu melekh ha’olam shehakol niyah bidvaro. Blessed are You, Adonai, Ruler of time and space, at whose word all came to be (An all-purpose blessing.)



Photo by Gretchen Plotkin



Assume the best.
“Search out a little bit of good.”
—Rebbe Nachman of Bratzlav