

## Mindful Eating - Mindfulness in everyday life

	Übung zu Hause	Datum / Zeit
	<p><b>Taking your shower mindfully</b> Paying attention to your sensations: how the water feels on your skin, the temperature you like, the smell of the soap, the sounds...</p>	-
	<p><b>Pause</b> Pause - just be Take conscious pauses throughout the day ... breathe, and just be aware one moment ... to the next, each time you get up from your chair, go to the toilet, before you eat, before you get up in the morning...</p>	-

- Write a few words about your experience