

||| MINDFUL HABITS

Encourage/Model Mindful Behavior

» **Pay attention on purpose.**

Learn to be fully present wherever and whatever you are doing. Pleasant or unpleasant, learn to just be. Take notice of the beauty all around you.

» **Be present at all events.**

Be an active participant and do not allow your focus to be about capturing the perfect photo or overly documenting the event.

» **Do one thing at a time.**

Give your full attention to the task at hand or to the people with whom you are present. Learning to concentrate and give your full attention to one task at a time will foster a mindful attitude.

» **Learn to take a mindful pause before you post.**

Recognize the difference between a reaction and a response. Take a mindful breath and think about how—and if—you should respond.

» **Be respectful of others' space.**

Use your technology in areas where it will not be intrusive. Refrain from talking on your phone in the presence of others.



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