LIVING MINDFULLY THROUGHOUT THE DAY

TRINITY HEALTH

MINDFULNESS
MISSION
We, Trinity Health, serve together in the spirit of the Gospel as a compassionate and transforming healing presence within our communities.

CORE VALUES
REVERENCE
COMMITMENT TO THOSE WHO ARE POOR
JUSTICE
STEWARDSHIP
INTEGRITY

VISION
As a mission-driven, innovative health organization, we will become the national leader in improving the health of our communities and each person we serve. We will be the most trusted health partner for life.

The Good Samaritan, Vincent van Gogh
Today is all we have! Life is lived one day at a time. Learning to live mindfully means taking time to pay attention, to pause and to listen to what is happening within us and around us. Mindfulness allows us to create a space where we can stay focused on the present moment, nourish our spirit and receive the gifts awaiting us.
HABITS OF MINDFULNESS
Here are a few ideas to help foster mindfulness. Follow whichever suggestions fit for you!

MINDFULNESS ATTITUDES
Take time each day exercising these seven attitudes to cultivate mindfulness:

• Experiencing everything as if you were experiencing it for the first time...with great awe and curiosity
• Being non-judgmental
• Acceptance
• Having no expectations
• Patience
• Letting go
• Trust

BEING MINDFUL OF OUR VALUES
• Reverence
• Commitment to those who are Poor
• Justice
• Stewardship
• Integrity

Select a Core Value to live intentionally through the day.

• What is one concrete way you can practice this today?
• How will this make a difference?
• Where do you see this lived out/experienced today?
• In reflecting on this practice, what do you notice in myself?
• How does this Core Value prompt you to greater service?

¹Found in Full Catastrophe Living, by Jon Kabat-Zinn
MINDFUL EATING
Most of us multi-task when we eat a meal. Instead, try eating slowly and silently. Focus only on the experience of eating:

- How does your food smell?
- What does your plate look like?
- How hungry are you?
- Think of all the people who made it possible for you to enjoy this food: from farmers to harvesters to transporters to sellers to cooks ... and give thanks.

With each bite, savor the flavor:

- What is the texture of the food in your mouth?
- What are the varied tastes?
- Is there a flavor that is stronger than the others?

Pause between bites to be thankful and to gage how hungry you are.

WALKING MINDFULLY
Most of us are “people in motion.” We are on the go and sometimes already thinking of what we need to do when we arrive at our destination. When you have the opportunity to take things a little more slowly, try walking mindfully. Focus on the experience of walking, not where you’re going or need to go. If it’s safe to do, try walking barefoot.

- How does the ground feel underneath your feet?
- What smells are in the air?
- What sounds do you hear?
- Observe all that surrounds you.
- Notice how your body feels while you’re walking.
AN ATTITUDE OF GRATITUDE
Being thankful is one of the most powerful feelings you can nurture. When we are thankful, our mood is lifted and we experience less stress.2

FINDING GOD IN ALL THINGS
Make time to discover God’s presence in the ordinary moments of your life.
• Place yourself in God’s presence.
• Express gratitude for all the blessings of the day.
• Review your day: what were the high points/low points? What do those moments reveal about you? Where can you grow? Listen for God’s message.
• Look ahead. Where do you need God’s help? What do you look forward to?


PRAYER
God of the eternal now, I am reminded that all I have is today. Help me not to be bound with regrets about my past and not to be paralyzed with anxiety about my uncertain future. Remind me that I cannot control what happened yesterday or what lies ahead. Open my eyes to your still small voice speaking to me in the ordinary moments of my day. Grace me with your sacred presence in my holy present.
AMEN.