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Here are the three things to do to practice mindfulness:

- **Notice** (or “Observe”)  
Pay attention to what you are seeing, feeling, smelling, hearing, tasting, and thinking right now. Just notice these experiences.
- **Describe**  
Think silently, without speaking, about what it is that you were just noticing. For example, “I can see the colors on the fall leaves,” “I smell the cake my mother is baking,” or “I can feel my clothes move against my body as I take my walk.”
- **Keep Doing What you are Doing** (or “Participate”)  
For example, if you are doing the dishes, keep doing that as you mindfully observe and describe what your five senses (see, hear, touch, smell, taste) are experiencing. So, while doing the dishes, you might focus on the lemon smell of the dish washing liquid, on how the soapy water feels on your hands, or on how you can see your reflection in the clean dish.

Here are three ways to produce an attitude that furthers mindfulness:

- **Focus on facts, not on opinions** (be “nonjudgmental”)  
When you observe and describe, make sure that you think about the facts of what you are experiencing and not your opinions. For example:  
**Nonjudgmental** (facts): “I see a green, wooden chair with its paint peeling, and I hear a love song playing from a car radio.”  
**Judgmental** (opinions): “I can see an ugly chair, and I hear pretty music playing from a car radio.”
- **Do one thing at a time**  
As much as you can throughout your day, avoid doing two things at once. Do not talk on the phone and drive. Do not eat and watch TV. Do not try to do two chores at once.
- **Focus on doing a good job at what you are currently doing** (be “effective”)  
When you are doing something, do it well. When you are doing something, do not allow yourself to get distracted. For example, if you are doing the dishes and if your roommate says something nasty to you, focus on the dishes, do not slam them in anger. Instead, wash them well, finish the dishes, and then talk with your roommate about what was said. (This is also an example of doing one thing at a time.)