

# Words about Wellness

UNC DEPARTMENT OF PHYSICAL MEDICINE AND REHABILITATION

## Finding Little Moments for Mindfulness

---



January 2022 "Words About Wellness" is brought to you by:

**Isabel Roth, DrPH, MS**  
Assistant Professor

UNC Physical Medicine & Rehabilitation

Developing a formal mindfulness or yoga practice can be daunting, particularly in the midst of a crisis like the Omicron surge. Mindfulness practice can be something that we integrate into the day, finding little moments to take a breath, and bring intentional awareness to the present moment. In these moments, as we bring awareness to sensations, there may also be a chance to take an extra moment to stretch. Yoga practice doesn't have to happen on a mat on the floor.

Look for little chances to practice:

- when you get out of bed in the morning, feel your feet on the ground, stretch and elongate your spine, take a moment to notice your breath before moving on with your day
- brushing your teeth or taking a shower. Bring awareness to the sensations you're experiencing, notice the thoughts and emotions that are present, and keep bringing your attention back to the present moment
- in between patients/meetings/tasks, take an extra 30 seconds to notice your breath, to bring awareness to your physical posture, and take a moment to notice what is present for you.
- whenever you're outdoors, take an extra moment to notice how you feel. Even if it's just walking from your car to a building, try taking an extra deep breath of fresh air.