



Everyday Tactical Composure and Mindfulness Activities

Consider these everyday opportunities to practice Tactical Composure and Mindful Attention

1. Wherever you are and however you are (feeling) just bringing your attention to the present moment and situation, especially if you've been dwelling on the past or future (without intending to)
2. Practice paying attention on purpose and noticing when your mind wanders off and where it goes.
3. Practice observing things with an attitude of curiosity and non-judgement.
4. Just observing how your body feels across the day.
5. Observe how you breathe.
6. Listening fully and intently to others speak.
7. Discreetly and selectively relaxing your muscles and deep breathing- when in work or group settings.
8. Noticing your habits of mind and habits of action at home and at work.
9. Paying detailed attention to your inner experience as you go about everyday tasks (eg walking, washing dishes, eating etc)
10. Notice any urges arising and how you can inhibit responding to those urges with deliberate thought and action.
11. Activate your conscious, control centres of the mind by asking one of those great questions, like "what am I doing now and for what purpose" or "Where do I want my attention to be focused right now".
12. Just being your own best friend when things don't go your way (tuning on the empathy and self-compassion when you notice unhelpful self-criticism).
13. Acknowledging the good things and savouring them.