

Dispersing Thoughts

What you'll need:

- Clear cup
- Water
- Food color
- Dropper



Here's what to do

1. Fill the clear cup with water.
2. Add one drop of food coloring.
3. Observe as the food coloring disperses in the water.
4. How long does it take for the color to disperse?
5. Add another drop and repeat the watching process.

Mindful Moment

This exercise helps bring attention to the fact that slowing down to intensely observe one thing can make you more mindful. By bringing your focus and awareness to the cup in front of you, and paying attention to what is happening with the drops of food coloring, you become present in the moment and free from disruptive thoughts.

Feeling Weird? Perform a Body Scan.

Are you starting to feel different during the exercise? It's normal to feel tense in your shoulders or other parts of your body. Take a quick body scan to see how you are feeling. Start by observing your feet for any pain or discomfort. If you feel nothing, take your focus to your legs and go up little by little. If you do feel any discomfort, you can stand up and take some deep breaths or a walk around the room until you feel the tension leaving your body. Return to your mindfulness exercise and see how you feel now.

Take it further!

- Pick a color that matches your feeling and watch it dissipate. Notice how it makes you feel as it fades into the water.
- Make a rainbow of thoughts by providing yourself with many colors to drop in the water..
- Make it a multi-sensory experience: play low-tempo music or do the activity by lamplight. Experience how changing the environment makes you feel, while watching your thoughts "dissipate" into water.