



Mindful Tea Break

Make tea-time a special moment to savor taste, warmth, kindness and joy while practicing mindfulness.

Mindfulness is the readiness and willingness to be present each and every moment. Learning to be present with what is happening right now allows us to experience the events that are actually occurring not the ones we think will occur or that have already occurred. In other words, mindfulness is paying attention on purpose. Mindfulness is single-point focus, in which all of one's attention is brought to a single act, such as breathing or meditating. In the case of a mindful tea break, the repetitive action of sipping one's tea while immersed in noticing "everything there is to notice" is the single point- focus.



Instructions:

Prepare your tea. Choose your cup. Find a quiet place in your home or office to sit alone with your cup of tea. No special posture is required, simply sit comfortably. Bring your tea-cup to your lips, sip slowly. Notice the warmth of the liquid on your tongue. Notice the taste; sweet, bitter, tangy, citrusy. Notice the taste. Savor the liquid on your tongue. Then swallow slowly. Notice the warmth as the tea makes it's way to your stomach.

Inhale, exhale

Take another sip. Notice the warmth of your tea, again. Notice any sounds in the room. Now bring your attention back to the warmth of the tea, its taste in your mouth. Swallow slowly.

Inhale, exhale.

Begin again with another sip of tea.

If you become distracted by sounds in the room or random thoughts in your mind, bring your mind back to the warmth of the tea, its taste, and the sensation of warmth as you swallow.

Notice the touch of your lips to the cup. Notice the warmth of the cup in your hands. Notice everything there is to notice about sipping your tea.

Savor the last sip of tea. This is mindfulness in action!