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Mindfulness practices for busy days

Simple resets for anyone juggling a full life

Why this guide exists

Life doesn't slow down just because you need it to. Some days are crammed with work demands, family responsibilities, or simply trying to hold everything together.

Mindfulness isn't about adding more to your plate. It's about finding small pauses in the middle of whatever your day looks like — whether you're at your desk between meetings, driving kids to school, or making dinner with one hand while answering emails with the other.

💡 *Mindfulness is simply the practice of noticing where you are, without judgment.*

You don't need to try all of these. Even one practice, once a day, can make a difference.

Practice 1: Three mindful breaths

Pause. Breathe in slowly through your nose. Hold for a second. Exhale gently through your mouth. Repeat three times.

Notice how your body feels after three breaths. Do your shoulders drop? Does your jaw soften?

💡 *When I was in the Navy, even on noisy comms duty, I'd steal 30 seconds to slow my breathing. It was often the only thing that kept me steady under pressure.*

Reflection space:

Practice 2: The “ground check”

Now that you've steadied your breath, bring your awareness down into your body.

Wherever you are — office chair, car seat, or kitchen floor — notice the weight of your feet pressing into the ground. Feel the contact. Stay with it for 30 seconds.

This reminds your nervous system: *I am here. I am supported.*

Reflection space:

Practice 3: One-minute noticing

From grounding in your body, shift your focus outward.

Look around your space and silently name:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste or imagine tasting

This brings your mind out of the spiral of “what’s next” into “what’s here.”

💡 *Back in corporate, I’d use this in meeting rooms before big presentations. It stopped me spiralling into “what ifs” and anchored me in the room I was actually in.*

Reflection space:

Practice 4: Hand-on-heart reset

Sometimes awareness needs a touch of compassion.

Place your hand on your chest. Feel your heartbeat. Stay here for a few breaths.

A reminder: *you’re human, not a machine. You don’t have to keep running non-stop.*

Reflection space:

Practice 5: Everyday mindfulness

Mindfulness doesn’t have to be separate from your day — it can live inside it.

Choose one daily task — making tea, folding laundry, brushing your teeth. Do it slowly, paying attention to the sensations (smell, texture, sound, movement).

Even the smallest daily act can become a mindful reset.

💡 *As a parent, this became survival. Sometimes, just looking out to the horizon to see what I could see helped me recharge enough to keep going.*

Reflection space:

Closing

Mindfulness isn't about doing more. It's about noticing what's already here, even in the middle of a busy life.

Try one practice today. Keep it simple. Let it be enough.

👉 *If you found this guide grounding, imagine what could open up in a coaching conversation — space to slow down, be heard, and reconnect with yourself.*