

MINDFULNESS IN EVERYDAY LIFE: MINDFUL BATHING (PART III)

Mindful bathing is the practice of tuning into your senses and fully experiencing the sensations of water and warmth on your skin.

By bringing mindfulness to your shower or bath, you can transform this everyday activity into a rejuvenating, stress-reducing practice that nourishes your mind, body, and soul.



By immersing yourself in the present moment and fully engaging with your bathing experience, you can reduce stress, soothe your nervous system, and even boost your creativity and clarity of mind.

Step 1: Set the Mood for a Mindful Bathing Experience



- You can start by creating a relaxing environment with calming music and your favourite scents.
- Fill the bathtub or bucket with warm water. You may add some bath salts or essential oils if you want.
- Take a few deep breaths and set an intention for the bath, such as *"I am nourishing my body and mind with this relaxing bath."*



Step 2: Immerse Your Senses

- As you sink into the warm water or pour it on your body, notice the sensations on your skin and the sound of the water.
- You may close your eyes to feel the touch of water against your skin and how it's running down your body.
- Inhale the aroma of any scent around you. This could be the essential oils you may have added to your bath or even the scent of your soap.
- Allow yourself to fully relax and let go of any tension in your body as the water trickles down your body.



Step 3: Check In With Your Body

- Throughout the bath, take note of how you're feeling physically.
- Are you feeling more relaxed and at ease?
- Are there any areas of tension or discomfort that you can focus on releasing?



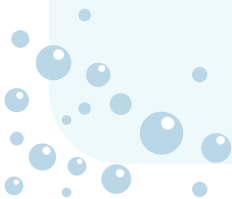
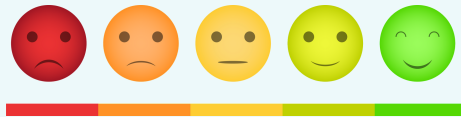
Step 4: Cultivate Gratitude and Positive Vibes

- After your bath, take a moment to express gratitude for the experience of mindful bathing.
- Think about how this practice nourished your body and mind, and appreciate the time and space you gave yourself to relax and unwind.
- You could say something like, *"I want to thank my body for allowing me to experience this relaxing bath"* or you may also just voice out loud or to yourself about how your body feels after this bath.



Step 5: Reflect and Plan for Future Mindful Baths

- After finishing your bath, answer the following questions and write down your answers.
- What did you notice about your body, senses, and emotions?
- How did it feel to take a break from the busyness of daily life and take a mindful bath as a part of your self-care?



Remember, mindful bathing is all about taking the time to relax, unwind, and nourish your body and mind.

By practising mindful bathing regularly, you can reduce stress and tension, improve your mood and energy levels, and feel more connected to yourself and your surroundings.

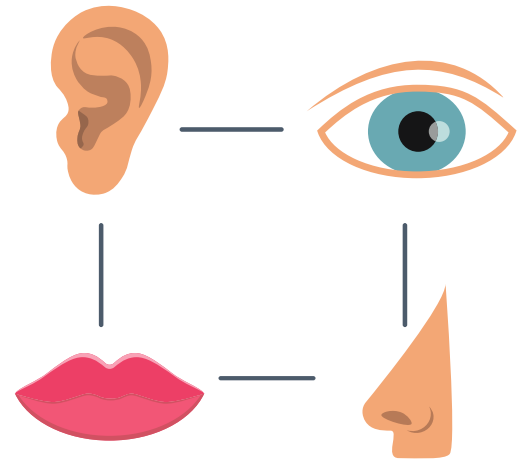
Apart from the 3 exercises discussed above, you can practice mindfulness in all aspects of your life to feel more grounded and connected with yourself. Be it while commuting to someplace, while working, or even sleeping!



While mindfulness is a term that most of us may have heard of, let us simplify it for you:

Anything that makes us more aware of our internal systems by activating the 5 senses is a practice of mindfulness, simply the act of being present is also a part of mindfulness!

Remember that mindfulness is a journey, and it takes time and consistent effort to cultivate this powerful practice. So, start small and be patient with yourself, and let mindfulness guide you towards a more fulfilling and intentional life.



If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

