

5 Tips for Practicing Mindfulness in 0 Seconds in Medical School

Mindfulness can be paired with everyday activities that you are already doing. Try any of the below!



Mindful Eating

Try dedicating one snack or meal with no distraction. Think about where the food was grown. Notice textures, colors, smells of the food and how you feel. Chew slowly and intentionally. [Read more.](#)



Mindful Walking

When walking home or to school, take a moment to become aware of how your body feels (tight, relaxed, etc). Notice what is going on around you. Notice any colors, shapes, sounds and movement. [Try a walking meditation.](#)



Mindful Pausing

When you are waiting to cross the street or waiting in line, savor this natural pause by noticing your inbreath and outbreath. Become aware of any feelings or thoughts that arise. Simply acknowledge without judging. [Read more.](#)



Mindful Curiosity

Try seeing something as if it is your first time with a childlike mindset. Be open, removing preconceptions and prejudgments. Be curious and ask questions. Accept what arises even if there are different opinions than yours. [Read more.](#)



Mindful Texting

Try to be less reactive to the pings and notifications of technology and try noting. Consider the timing and whether you would want to receive a message at that time of day. [Try a mindful tech meditation.](#)

[Want to practice and learn mindfulness?](#)

[Headspace](#) is FREE for BU medical students.

Access over 1,000+ hours of meditations for waking, sleeping, exercising, studying, and more.



Medical School Wellness Curriculum Collection. (n.d.). AAMC.
<https://www.aamc.org/about-us/mission-areas/medical-education/wellbeing>
Mindful Eating. (2023, February 2). The Nutrition Source.
<https://www.hsph.harvard.edu/nutritionsource/mindful-eating/>
The Ministry of Mindful Walking - Headspace. (n.d.).
<https://www.headspace.com/articles/walk-into-a-mindful-moment>

