

10 Ways to Take Notice During Lockdown

There are lots of different ways that you can take notice and we have put this list together to inspire you to try something new during the lockdown period.

Taking notice of ourselves and our surroundings helps us to remain in the present moment and spend less time thinking about the past or the future.

You can try more formal ways of remaining present, such as meditation practice, but there are lots of little things you can do each day to increase your awareness too. Anything you do which brings your mind into the present moment counts. Feel free to tweet us your suggestions or how you have found our recommendations.

1. Go for a walk and pick out something new you notice.
2. Take a picture of something in your home and notice any differences you see in the image to real life.
3. Find five items you had forgotten about in your bedroom.
4. Describe your kitchen without using colours or shapes.
5. Put your bare feet on a rug for two minutes and notice how it feels.
6. Count how many times you press the remote button when changing between programmes.
7. Think about how your skin feels against the different fabrics of your clothes.
8. Eat a meal as if it were the first time you were eating it- how does it taste?
9. Brush your hair and try to notice the different feelings when the brush touches your scalp and different parts of your hair.
10. Find the lyrics to a song and read along whilst playing the song.