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Sox: Warming up for Mindfulness

Here is a warm-up exercise to help you practice arriving in the present moment. The next time you put on your sox, begin training your mind to the present moment. As you reach for the sox be aware of the various colors and textures. Do you have choices? Notice that some sox please you more than others. As you retrieve the pair you will wear, feel them with your hands and with your eyes, you might even put them to your cheek and notice that cheeks feel things differently than hands do. Now you need to coax your feet into these chosen sox. Notice how you decide to do this. Will you sit down and make yourself comfortable for this next important moment in your day? Will you stand and make it an interesting gymnastic balancing event? See if you can stay fully present as you complete this sox activity.

Reflect and write

What was it like to put on your sox in this way?

How was it different than the way you usually do it?

What did you enjoy about it?

What was hard or unpleasant about it?