

Five Ways to Practice Mindfulness While Hand Washing



It is important that we are washing our hands with soap and water for **at least 20 seconds** (as per the Center for Disease Control). While you may have seen the 11-step diagram on [How to Properly Wash Your Hands](#), did you know that this is also an excellent time to practice mindfulness?

Pair hand washing with a simple breathing exercise!

Take a gentle breath through your nose for **5 seconds** and exhale through your mouth for **5 seconds**. Repeat this **two times** for a total of **20 seconds**.

You can also try lengthening your exhale, which promotes a relaxing effect, easing the mind and body even more.

Repeat mindful phrases to yourself while hand washing!

Say: When I breathe in, I fill up with positive, healthy energy. When I breathe out, I release any negativity or stress.

Say: When I breathe in, I feel full of lightness and joy. When I breathe out, I let go of any heaviness or worries.



Take the time to wash and massage your hands.

Your hands can often get tense or sore. Use your fingers and thumbs to massage the top and palms of your hands while washing.



Utilize sensory relaxation!

Try to focus on every part of hand washing, mindfulness can be as simple as connecting with your senses during this activity.

Inhale and **exhale** to release any tension. Then, listen to the **sound** of the water, what other noises are around you? Notice the **feeling** of the water and soap on our hands, how does this feel?



Relax your neck and shoulders, too!

These areas can carry tension – while washing your hands try to roll your shoulders up towards your ears while inhaling. Exhale and draw your shoulder blades down towards each other.