

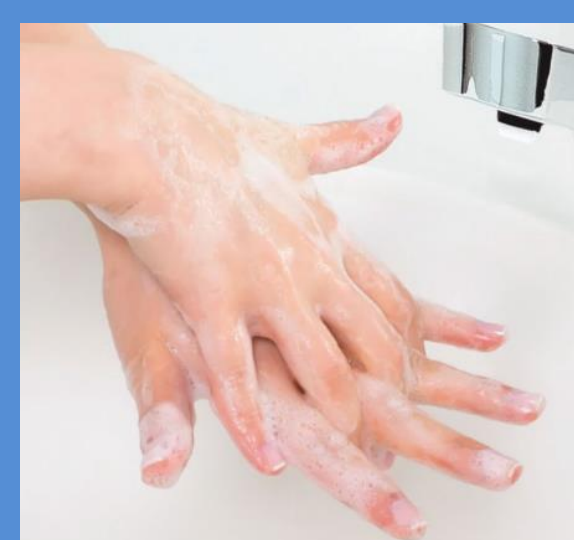
# Mindful Hand Washing (Sink)

## Before You Begin




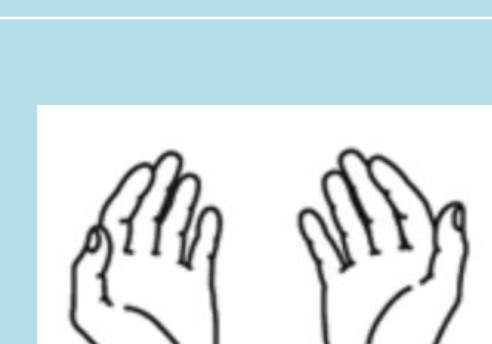


- S** Stop
- T** Take a Breath
- O** Observe and Acknowledge what is Here Right Now (feelings & emotions)
- P** Proceed with the task of **Hand Washing**, allowing this **40-60 seconds** to be an opportunity to step away from autopilot and allow for a moment of **self-care** and **self-awareness**

## Practicing Mindful Handwashing



The Mind may wander – that's ok... that is what minds do.  
Noticing the mind wandering is the moment of mindfulness.

#		Mindfulness to Accompany WHO Step
0		Noticing the <b>temperature of the water</b> as it touches the Hands
1		Feeling the <b>texture of the soap on the Hands</b>
2		Bringing awareness to the feeling of the <b>Palms</b> as they touch one another
3		Noticing the <b>sensation in the Fingers</b> as they intertwine
4		Bringing awareness to the feeling of two <b>Palms</b> touching
5		Allowing the awareness come to the <b>Clasped Hands</b> , rotating from side to side
6		Feeling the <b>touch</b> of the <b>Hands</b> and the <b>Thumbs</b> together
7		Noticing the feeling in the <b>Fingers and Palms</b> as they rub against each other
8		As the water flows over the <b>Hands</b> – noticing its feel, its temperature
9		Focusing awareness on the sensation of the <b>paper towel</b> as it touches the <b>Hands</b>
10		Feeling the sensation in the <b>Hands</b> as you dry the tap with the paper towel
11		Allowing the awareness return to the <b>body as a whole</b> Feel your <b>Feet</b> rooted to the floor Noticing what is <b>Here Right Now</b>