

Fortunately, mindfulness practice does not necessarily require you to fit more things into your busy day. Mindfulness is simply paying attention in the present moment and can be done in the midst of a hectic work day, by simply noticing thoughts going through your head or simply feeling sensations in your body. I use the word “simply” as a reminder that nothing actually needs to be done to practice, though because we can be so immersed in our stress, shifting our attention in this way may not feel simple or be easy. As an example, when you notice that lunch time has come and gone and you still have not managed to eat, you can pause for just a moment and become aware of what you are thinking and what you are feeling in your body. Notice whether you feel any constriction in your chest as thoughts may be arising, like how quickly your day is passing. Perhaps you feel tension in your jaw, neck, back or hands. One can practice mindfulness, even if for a few brief moments by paying attention to those sensations. Doing so, you may create a moment’s pause in which you can breathe into any constriction or tension that you discovered in your body, allowing your out-breath to be slightly longer than your in-breath. This can help establish a moment of greater awareness during which you may feel the tension beginning to melt away, just a little.

After this short practice, return your attention to the task at hand, to the rest of your day. By practicing this short exercise amid moments that feel rushed, you may find that you begin to feel just a bit more calm and better able to focus. Mindfulness can be that simple. It might not even require another item to be added to your already long “To Do” list.

Thank you, Andrea, for submitting a timely — and timeless question. And thank you, Sarah, for reflecting on Andrea’s question and offering a thoughtful reply and helpful mindfulness tip.

If you have a question about integrating mindfulness into the practice of law that you would like answered in this column, send it to srogers@law.miami.edu.



*Scott Rogers, M.S., J.D., is a nationally recognized leader in the area of mindfulness in law and founded and directs the University of Miami School of Law’s Mindfulness in Law Program where he teaches mindful ethics, mindful leadership, mindfulness and negotiation, and mindfulness in law. He is the creator of Jurisight, one of the first CLE programs in the country to integrate mindfulness and neuroscience and conducts workshops and presentations on the role of mindfulness in legal education and across the legal profession. He is author of the recently released, **“The Mindful Law Student: A Mindfulness in Law Practice Guide,”** written for all audiences.*