

Self Healing Invitation: Mindfulness Teeth Brushing

For the next week, try to be present as you brush your teeth. Instead of dreading this exercise, anticipate it as time for some self-care. Turn it into a pleasant experience by tuning in to all the senses while you brush. Rule of thumb is to brush for a full two minutes, so set a timer, put on some music, and brush mindfully. Be attentive and aware of the experience without judgment. Reflect on these questions:

How does the pressure feel on your gums?

How does the toothpaste taste?

What are the different sensations in your mouth? Maybe it's tingling or burning.

What is the texture of the toothpaste?

Are the bristles on your toothbrush soft or hard?

Is the water warm or cold?

How do your teeth look when you are done?

How do you feel when you're done?

How do your teeth feel when you run your tongue over them?

Afterwards, journal about your experience and answer these questions

Did this practice make you aware of anything new?

Were there opportunities for adjustments?

Did you notice a shift in attitude with regards to brushing your teeth?

Were you able to stay mindful throughout the practice?

Did how you perceive brushing your teeth shift in any way?