

A Mindfulness Guide for the Frazzled

by Ruby Wax

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Practice the STOP Method**

When stressed: Stop what you're doing. Take a breath. Observe what's happening in your body and mind. Proceed mindfully. Takes 30 seconds. Works every time.

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⁰² **Do a 3-Minute Breathing Space**

Settle in. Notice your thoughts. Focus on your breath. Notice your body. Open up. Ruby's signature practice. Do this morning, lunch, and bedtime.

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⁰³ **Try the Body Scan**

Lie down, close your eyes, and mentally scan from head to toe. Notice tension without judgment. 10 minutes. Perfect for bedtime. You'll sleep better.

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⁰⁴ **Create Micro-Mindful Moments**

Pick one daily activity to do mindfully. Brushing teeth. Drinking coffee. Walking to the train. Be fully there, not mentally rehearsing the next thing.

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⁰⁵ **Notice Your Narratives**

Pay attention to the stories you tell yourself. 'I'm so busy.' 'I'm terrible at this.' They're just thoughts, not facts. Notice them. Question them. Let them go.

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⁰⁶ **Digital Detox for One Hour**

Choose one hour daily with no phone, no screens. Just you and your life. Rediscover boredom. Let your mind settle. You'll be surprised what surfaces.