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W E L L N E S S

Mindfulness in Daily Activities

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“Mindfulness means being awake. It means knowing what you are doing.”

- Jon Kabat-Zinn

The five senses of our body are providing lots of data at every moment that we are often ignoring. Engaging in an activity mindfully means paying attention to the data from your senses.

Smell: what does it smell like?

Taste: what does it taste like?

Touch: what is its texture?

Sound: what does it sound like?

Visual: what does it look like?

Peanut Butter Oat Energy Balls

featured in [6 Easy High-Protein Snacks \(Under 150 Calories\)](#)

Mercedes Sandoval

Tasty Team

Ingredients

- ½ cup rolled oats
- ⅓ cup peanut butter
- 1 tablespoon honey
- 1 tablespoon dark chocolate chip, optional
- salt, to taste

Preparation

1. Combine all ingredients in a small bowl and mix until thoroughly combined.
2. Chill in the refrigerator for 30 minutes.
3. Use a spoon or tablespoon to evenly divide the mixture into 6 balls. Use your hands to form the ball.
4. Enjoy one now and save the rest for later by storing them in a sealed container in the refrigerator up to 1 week.
5. Enjoy!