



MINDFULNESS FOR DAILY CHORES

1

We all have to do tasks we do not enjoy. Chores are a good chance to practice mindfulness. It can help to focus your attention when difficult thoughts and feelings might distract you from the task at hand.

Pick a household chore you can use mindfulness with. It should be something simple and repetitive you don't have to concentrate too hard on. Washing up, weeding the garden, sweeping and ironing would all work. Here, let's take ironing as an example.

Focus on...

Sights

Notice what you can see as you iron. For example:

- What colour is the thing you are ironing?
- What size is it?
- Notice the creases smoothing away as you iron.

Sounds

Focus on the sounds you can hear. For example:

- Can you hear a hiss of steam as you iron?
- The sound of the iron moving over the material?

Sensations

Now, notice what you can feel while you do this chore. For example:

- The movement of your arm as you move the iron?
- Your feet planted firmly on the ground?
- The grip of your hand on the iron handle?

Smells

Focus on anything you can smell as you iron. For example:

- Are there any smells from the material?
- What are the smells like?

References

- 1 Harris, R. Embracing Your Demons: an Overview of Acceptance and Commitment Therapy. *Psychotherapy in Australia* 2006:12(4)2-8.

Try this activity over the next week and see how many different chores you can practice it with.

You may find you keep getting distracted by difficult thoughts, feelings and urges.

If this happens, take a deep breath in and out and bring your attention back to the task at hand.

Notice any sights, sounds or sensations that are happening in the present moment.¹

Visit [Huntersyndrome.info](https://www.huntersyndrome.info) to learn more

This resource is intended only to provide knowledge of Hunter syndrome health topics. This resource is not a substitute for medical advice, and should not be used in place of advice from a healthcare professional. Please contact a healthcare professional for advice. This resource is intended for an international audience outside of the USA and has been produced by Takeda. This resource has been developed in accordance with industry and legal standards to provide information for the general public about Hunter syndrome health topics. Takeda makes every reasonable effort to include accurate and current information. However, the information provided in this resource is not exhaustive.

This material has been developed in collaboration with MPS Europe by a team of psychologists based at Sprout Behaviour Change Ltd (London, UK). The techniques and methodologies used stem from Acceptance Commitment Therapy: a validated psychological approach used to address emotional, practical and stressful challenges that may be hard to overcome.



Copyright 2020 Takeda Pharmaceutical Company Limited. All rights reserved. Takeda and the Takeda Logo are registered trademarks of Takeda Pharmaceutical Company Limited.
C-ANPROM/INT//8181 August 2020