Random feedback from our subjects…

"….just wanted to let you know that I have been enjoying the mindfulness experiment the past two days and it has given me a much needed calm amidst all the chaos. Thanks to you and your team for sharing this experiment/experience with us. I am not sure if participants can join from Day 3 and if they could, I would definitely nudge as many from this group to take part. It hardly takes any time to complete the mindfulness activity for the day but it brings a whole lotta awareness to what we do on a daily basis. #OnwardAndUpward"

"Btw , I forgot to tell you … every time I do some activity with mindfulness , it gives me so much satisfaction and a feeling of being in the present moment . Are you doing this study for the Mindfulness magazine ?"

Inspired by our daily tasks, another educator/small business owner friend includes in her daily pep post to the community
" **Savor the small moments** -
Even during lockdown we still have many small moments to savor. The smell of coffee, the feel of the warm shower and so on. When we stop to take in these moments, rather than let them rush by on automatic pilot, we are giving our brain a chance to process the pleasure, which boosts our serotonin – the feel-good neurotransmitter that helps elevate our mood and make us feel calm."
 "Hey! Your daily task asks me to THINK about cleaning something for someone! Is that supposed to change my mood?!"
"If yes, then I'll do all the thinking and let my hubby do the actual cleaning!"

"The mindfulness exercises were fun. Maybe not the second wash something one, since it seems all I'm doing is washing stuff right now, but I was surprised how much even just thinking about holding a book calmed me down! Thanks for letting me be a part of it!"

 "One thing I am sure of is that a lot of thought has gone into designing your experiment. I really liked the detailed instructions on what to notice with each activity and would love to know how you came up with those activities to begin with."