

The background features abstract, flowing waves in shades of red, orange, and yellow, creating a sense of movement and energy. The waves are layered, with some appearing more prominent than others, and they curve across the frame.

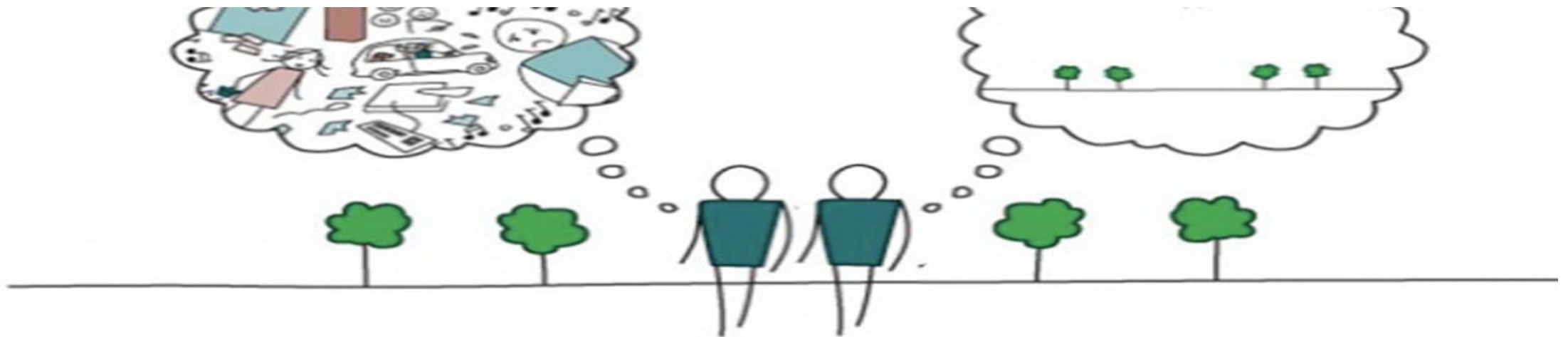
MINDFULNESS

Susie Nordstrom

WHAT IS MINDFULNESS?

Mindfulness is a practice which gives you the opportunity to focus your attention on the current moment in time.

Mindfulness practice gives you the time you need to be present in the now; it allows you to leave behind the past and let the future be.



Mind Full, or Mindful?



WHY PRACTICE MINDFULNESS?

- It teaches us to focus
- It helps us attain emotional balance
- It directs us to develop compassion for others
- It allows us to be present in the moment
- It raises our self-esteem
- It increases our self awareness
- It leads to more positive relationships
- It decreases stress
- It may even increase our information processing speed



MINDFULNESS PRACTICES

Many different mindfulness and meditation practices are available to you. The list here gives some examples of how to practice mindfulness in different areas of your life.

The following slides give one example of each of the practices listed here. I invite you to try one (or more) whenever you need.

Mostly, just enjoy them.

- Contemplative Breathing
- Deep Listening
- Focused Attention
- Gratitude List
- Hold and Release Meditation
- Loving-Kindness Toward Another
- Rain Activity
- Self-Compassion
- Visualizing
- Yawn and Stretch

CONTEMPLATIVE BREATHING



DEEP LISTENING



FOCUSED ATTENTION



GRATITUDE



RELEASE MEDITATION



GUIDED MEDITATION

Release Tension

LOVING KINDNESS



RAIN ACTIVITY



RAIN is an acronym.

R – Recognize what is going on

A – Allow the experience to be there, just as it is

I – Investigate with kindness

N – Natural awareness, which comes from not identifying with the experience

SELF-COMPASSION

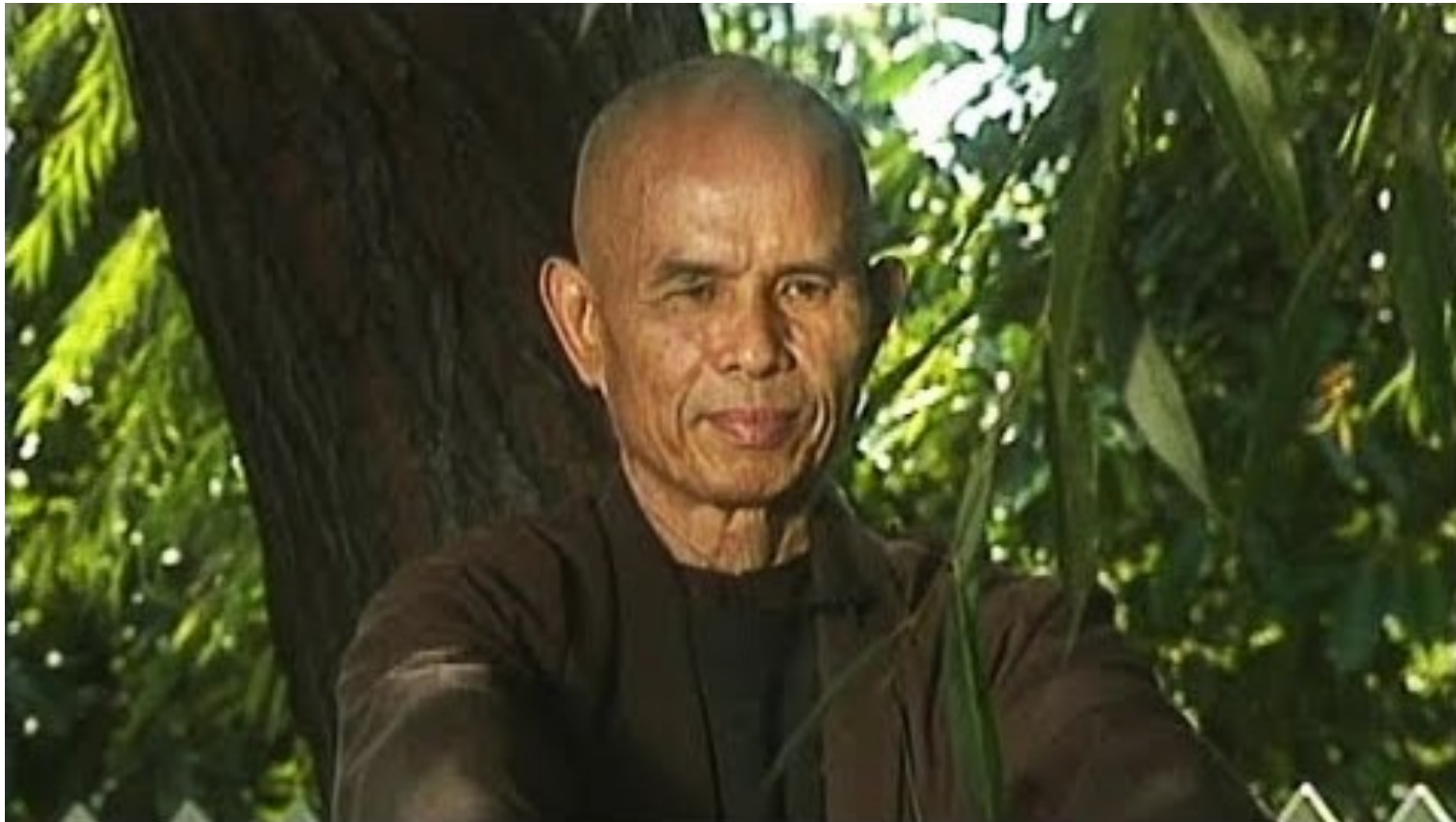


VISUALIZING

This is a way to notice your thoughts and feelings without any judgement and then letting them float away.



MINDFUL MOVEMENTS





I hope you enjoy some of these activities and practices. Use them whenever you like.

Many more are available online.

REFERENCES

- Davis, D. M., & Hayes, J. A. (2011). What are the benefits of mindfulness? A practice review of psychotherapy-related research. *Psychotherapy*, 48(2), 198-208. doi:10.1037/a0022062
- Stuhr, Paul T., Ahlers, J. C., Jeffries, J. & Thomas, J. T. (2018). Mindfulness from A to Z: Concepts, practices, resources and tips for health and physical educators. California State University San Marcos, Volume 4/2, 25-37.
- Tang, G. (2017, October 06). Mind Full or Mindful? Retrieved May 10, 2020, from <https://healthtalk.unchealthcare.org/mind-full-or-mindful/>