



Mindfulness Tips & Tools

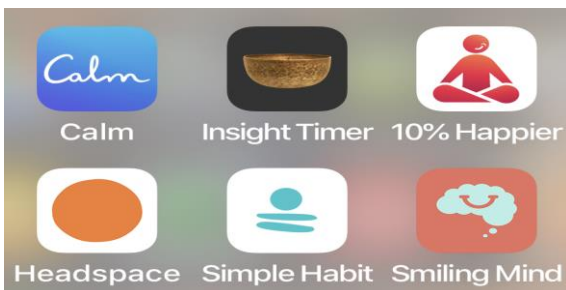
Mindfulness: *a state of nonjudgmental awareness of what's happening in the present moment, including the awareness of one's own thoughts, feelings, and senses.*

- **Awareness.** During a state of mindfulness, you will notice your thoughts, feelings, and physical sensations as they happen. The goal isn't to clear your mind or to stop thinking—it's to become aware of your thoughts and feelings, rather than getting lost in them.
- **Acceptance.** The thoughts, feelings, and sensations that you notice should be observed in a nonjudgmental manner. For example, if you notice a feeling of nervousness, simply state to yourself: "I notice that I am feeling nervous". There's no need further judge or change the feeling.

Simple Mindful Meditation Practice:

- Find a place where you can sit quietly and undisturbed for a few moments.
- To begin, you might want to set a timer for about 10 minutes, but after some experience you should not be too concerned about the length of time you spend meditating.
- Begin by bringing your attention to the present moment by noticing your breathing. Pay attention to your breath as it enters and then leaves your body.
- Before long, your mind will begin to wander, pulling you out of the present moment. That's ok. Notice your thoughts and feelings as if you are an outside observer watching what's happening in your brain. Take note, and allow yourself to return to your breathing.
- Sometimes you might feel frustrated or bored. That's fine--these are just a few more feelings to notice. Your mind might start to plan an upcoming weekend, or worry about a responsibility. Notice where your thoughts are going, and accept what's happening.
- Whenever you are able to, return your concentration to your breathing.
- Continue this process until your timer rings, or until you are ready to be done.

Helpful phone apps with guided meditations:



www.calm.com

www.insighttimer.com

www.10percenthappier.com

www.simplehabit.com

www.smilingmind.com.au

SOURCE: Maximize Wellness Counseling & Coaching, LLC.

