



STAYING GROUNDED WITH MINDFULNESS

What is mindfulness?

Mindfulness is paying attention in a particular way: on purpose, in the present moment, and non-judgmentally. - Jon Kabat-Zinn

Mindfulness is the awareness that arises out of intentionally paying attention in an open, kind, and discerning way.

- Shauna Shapiro & Linda Carlson



“Between stimulus and response there is a space. In that space lies our freedom and power to choose our response. In our response lies our growth and freedom.” - Victor Frankl

Am I mindful right now?

- paying attention to what’s happening now?
- curious about what’s happening?
- accepting of what’s happening?

Or

- Lost in the future or past?
- Resisting what’s happening?
- Reactive, angry, or fearful?

Being upset or distracted when things are hard to take is understandable. See if you can use the tools of mindfulness to get back to a more helpful place. Your health and everyone around you will thank you for it!

FOUR KEYS TO MINDFULNESS:

WILLINGNESS, CURIOSITY,
KINDNESS, AND HONESTY

MINDFULNESS TOOLS

Awareness of Breathing - 1 to 10 minutes

Strengthens your ability to stay present and open.

Find the breath in the body, wherever you feel it most easily. Attend to the sensations of breathing. When the mind wanders (it will!), gently bring it back to the breathing.



S.T.O.P. - 3 to 5 minutes

Responding to an upset mindfully

S - STOP - Stop talking, stop typing, stop texting, stop

T - Take a Breath - Slow it down, feel a breath

O - Observe - What are you feeling emotionally, in the body?

What stories are you telling yourself about what happened?

P - Proceed - Be curious about how to proceed *after* doing the STOP process. You’ll be in a different space from where you started.



The Mindful Check In - 5 minutes

Helps you respond to upset mindfully.

Stand up, pause, tune in one by one to:

- 1) **Your Body** - How does it feel right now? Notice sensations. Tense areas, relaxed areas. Take a minute. Feel the breathing.
- 2) **Your Feelings** - How do you feel right now? Emotions here you can name? An overall feeling? Hard to find emotions? that's valuable to know too.
- 3) **Your Mind** - Take a step back inside your own head. What's happening? Strong repeating thoughts and stories? Sluggish? Scattered? Focused?



Mindful Movement - 3 to 10 minutes

Moving the body with awareness grounds you in the present moment.

The body usually welcomes a stretch; make it mindful by slowing down and feeling the sensations as you move. Simple but powerful! Consider:

- Stretching mindfully
- Mindful Walking
- Simple yoga routines
- Tai Chi, Qi Gong, etc.

(no need to be an expert, just move your body with awareness)

Two Feet and a Breath - 30 seconds

Showing up for the next thing more mindfully.

Before opening a door, or opening a challenging email...

Feel your two feet on the ground

And take one mindful breath.

Research shows you'll show up in that new space or communication more fully.



$$\text{SUFFERING} = \text{PAIN} \times \text{RESISTANCE}$$

What am I adding? - 3 seconds

Learning how to not make things worse with your own mind!

Starting to react to something or someone?

Ask yourself, "what am I adding?"

Are you refusing to accept what's happening? Making assumptions? Do you have the whole story? Can you find your curiosity? Can you accept, at least a little, that what's happening is happening? Here it is, now what?