



Mindfulness Exercises

Mindfulness is intentional awareness of the present moment, where we observe our thoughts, emotions, and experiences without judgment. Mindfulness is described as paying attention, on purpose, from moment to moment. Practicing mindfulness can help us cope with daily stressors by directing our attention into what's right in front of us – the here and now. Practice coming into the direct experience of the present moment several times throughout the day.



Game of 5

Simply notice 5 things in your day that usually go unnoticed or unappreciated. For example, you see your curtains, hear a bird every morning, feel the clothes on your skin or smell the neighbor's laundry. Are you aware of how these things affect you; aware of their details?

Mental Focus Exercise

Stare at any object and try to remain focused on just that object for as long as possible. Keep a mental watch on when your mind starts to wander, then just bring it back to the object. The longer you can remain focused, the more your mindfulness will increase.

Fire Exercise

Stare at a candle flame or a fire either outdoors or in your fireplace for about ten minutes while studying everything you can about it. When your mind wanders, become aware of where it's going, then bring it back to the candle flame.

Come Back Tool

When you catch yourself being caught up in worries about the future or guilt and regret about the past, just notice that it is happening and simply and kindly say to yourself, "Come back." Then take a calming breath and focus on what you are doing right now.

"Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won't)." – James Baraz



Mindfulness Exercises

Present Awareness Exercise

Wherever you are, just stop and look around when safe to do so. Become aware of everything that your senses pick up. How do you feel? Do you feel over-stimulated? Do you feel anxious? Ask yourself the simple question, "where am I?" And answer with "I am here." This may help you to bring acceptance to where you are in the moment.

"Mindfulness is about being fully awake in our lives. It is about perceiving the exquisite vividness of each moment. We also gain immediate access to our own powerful inner resources for insight, transformation, and healing." – Jon Kabat-Zinn

Natural Observation

Pick a natural thing near you such as a flower, a bug, a tree, a cloud or a star. For one minute focus only on this object. Explore the details and observe it without judgement.

Melting Exercise

Sit and relax, and imagine yourself melting into everything around you. You might begin to feel at one with everything after some practice.

Mindful Music Exercise

Pick a song you have never heard before. Close your eyes and allow yourself to fully listen to the song without judgement or criticism. Notice the complexities of the music and various instruments and beats. Notice the emotions that the song stirs for you.

Touchpoints

Think of an action you do repeatedly during the day such as turning a door knob. Every time you do this action stop for a moment and answer these questions: "Where am I? What am I doing?" Then reaffirm for yourself "I am OK in this moment."

"I Exercise"

Become aware of every time you use the word "I" in a sentence. This will force you to be more aware of how self-centered or other-centered you really are...

Mindful Hand Awareness

Grasp your hands together very tightly and hold for 5-10 seconds, then release and pay attention to how your hands feel. Focus on this feeling for as long as possible.

