

MINDFULNESS



MINDFULNESS



Mindful Eye



Mindful Mouth

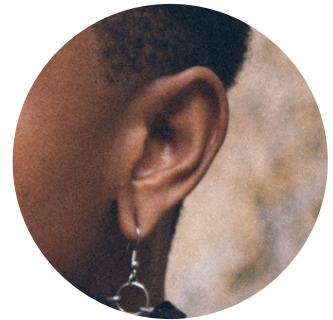


Mindful Hand

Monkey Mind



Mindful Ear



Mindful Nose



Mindful Heart



WHAT'S MY WHY?

I was drawn to this course because...

The behaviors I hope to change are...

For my accountability partner, I am thinking about choosing...

I plan to carve out time for myself to focus on mindfulness...

I will reward myself...

MONKEY MIND



The goal of giving our monkey a job is to stop the swirl of life and to return to the present moment.

Mantra breathing: "Breathing in, I'm breathing in.
Breathing out, I'm breathing out."

Counting our breath, touching our fingers:
"In - 2 - 3 - 4; Out - 2 - 3 - 4." Repeat.

Box breathing: In/Up-2-3-4; Hold/Over-2-3-4; Down/Out-2-3-4; Hold/Over-2-3-4

Ah-ha's about Monkey Mind:

MINDFUL EYE



The goal of the Mindful Eye is to notice things that we don't typically notice.

Look for everything you can see that's the color red. Now look for everything you can see that's the color blue.

Look as far away as you possibly can. Now change the depth of your gaze to one foot in front of you, now six feet, now ten feet, now as far as possible.

Ah-ha's about Mindful Eye:

MINDFUL EAR



The goal of the Mindful Ear is to notice things that we don't typically hear.

Listen for all the different types of sounds you can hear. Listen to the left of you, to the right of you, above you, and below you.

Go to the quietest location in your immediate vicinity. Choose a location where you feel like you are in a sound vacuum with the least amount of external stimuli possible.

Listen for sounds at different distances from your physical body. Listen to the things that are closest to you, then to those in your room, then to those furthest from you.

Ah-ha's about Mindful Ear:

MINDFUL MOUTH



The goal of the Mindful Mouth exercise is to slow down to be present when consuming food and drinks.

For these exercises, you will need food that has an external peel that can be removed like a clementine or banana.

Bring the food to your mouth. Place it on your tongue, feel it inside your mouth. Now chew very slowly and swallow. Repeat.

Bring the beverage to your lips, slowly take a sip, notice the liquid as it enters your mouth. Notice as your tongue pushes the liquid down your throat and into your stomach. Repeat.

Ah-ha's about Mindful Mouth:

MINDFUL NOSE



The goal of the Mindful Nose is to notice the smells all around us all of the time.

For these exercises, you will need food as well as something with a strong scent like a candle or an essential oil.

Pick up the food in front of you or bring your plate closer to your nose. Breathe in deeply. Now place the food in your mouth. Continue mindfully smelling before each bite.

Bring the object with the strong scent close to your nose and breathe in deeply. Feel the layers of the scent as it swirls into your nose. Let it swirl out of your nose.

Ah-ha's about Mindful Nose:

MINDFUL HAND



The goal of the Mindful Hand is to notice different textures instead of numbing out the feeling.

For this exercise, you will need a soft object.

Wring your hands together. Feel your fingers, your fingertips, your fingernails, and your palms. Now, rub the back of your hands and the skin around your wrists. Feel any objects you have on or around your hands.

Pick up a soft object and clasp your other hand on top of it. Rub your hand and fingertips across the surface. Squeeze it and twist it. Rub it against your hands.

Ah-ha's about Mindful Hand:

MINDFUL HEART



The goal of the Mindful Heart is to open our hearts to our world around us instead of closing ourselves off.

Place your left hand over your heart and your right hand over the left. Envision the face of a person. Imagine a bright white light pulsating from your heart to theirs.

Place your left hand on your right shoulder and your right hand on your left shoulder. Give yourself a big hug of support. Imagine a bright white light pulsating from your heart and wrapping around your entire body.

Place your left hand on your heart and your right hand on top of the left. Imagine solving an important issue. A bright white light pulsates from your heart and wraps around the entire world.

Ah-ha's about Mindful Heart:

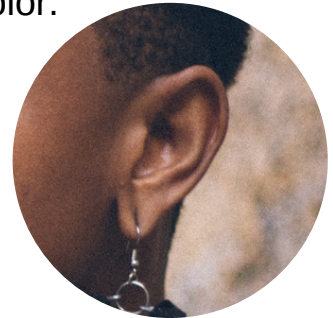
MINDFULNESS

Monkey Mind: Set a timer to one minute and close your eyes. Breathe in for a count of four, breathe out for a count of four. Repeat until the timer goes off.



Mindful Eye: Set a timer to one minute and look for everything that you can see that is the color green. When the timer goes off, choose another color and spend one minute looking for that color.

Mindful Ear: Set a timer to one minute and close your eyes. Listen for as many sounds as you can hear, both nearby and faraway.



Mindful Mouth: Drink a hot tea while performing a task or chew a flavorful gum.

Mindful Nose: Light a candle or diffuse essential oils while you work. Close your eyes and inhale deeply three times.



Mindful Hand: Pick up any object. Close your eyes. Spend a moment feeling the object: is it smooth or rough? Solid or soft? Hot or cold? Set that object down and repeat with a new object.

Mindful Heart: Set a timer to one minute and close your eyes. Pick a colleague and spend one minute thinking kind thoughts about them and sending them well wishes.



RESOURCE LIST

The Bhagavad Gita

<https://library.um.edu.mo/ebooks/b17771201.pdf>

Mindfulness Based Stress Reduction

<https://palousemindfulness.com/>

Mindfulness Based Cognitive Therapy

<https://books.google.com/books?>

[id=1_NcsDZ17icC&printsec=frontcover&source=gbs_ge_summary_r&cad=0](https://books.google.com/books?id=1_NcsDZ17icC&printsec=frontcover&source=gbs_ge_summary_r&cad=0)

[#v=onepage&q&f=false](https://books.google.com/books?id=1_NcsDZ17icC&printsec=frontcover&source=gbs_ge_summary_r&cad=0#v=onepage&q&f=false)

Apps

- Insight Timer
- Calm
- Headspace