

# MINDFULNESS

*Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.*

**Basic mindfulness meditation** – Sit quietly and focus on your natural breathing or on a word or “mantra” that you repeat silently. Allow thoughts to come and go without judgment and return to your focus on breath or mantra.

**Body sensations** – Notice subtle body sensations such as an itch or tingling without judgment and let them pass. Notice each part of your body in succession from head to toe.

**Sensory** – Notice sights, sounds, smells, tastes, and touches. Name them “sight,” “sound,” “smell,” “taste,” or “touch” without judgment and let them go.

**Emotions** – Allow emotions to be present without judgment. Practice a steady and relaxed naming of emotions: “joy,” “anger,” “frustration.”

Accept the presence of the emotions without judgment and let them go.

**Urge surfing** – Cope with cravings (for addictive substances or behaviors) and allow them to pass. Notice how your body feels as the craving enters. Replace the wish for the craving to go away with the certain knowledge that it will subside.

Example:

1. Sit on a straight-backed chair or cross-legged on the floor.
2. Focus on an aspect of your breathing, such as the sensations of air flowing into your nostrils and out of your mouth, or your belly rising and falling as you inhale and exhale.
3. Begin to widen your focus. Become aware of sounds, sensations, and your ideas.
4. Embrace and consider each thought or sensation without judging it good or bad. If your mind starts to race, return your focus to your breathing. Then expand your awareness again.

## Activities: Focusing on the Present Moment

1. Healthy Eating
2. Physical Exercise
3. Yoga
4. Meditation
5. Breathing
6. Drink a glass of water
7. Peel an orange or lemon, notice the smell
8. Go for a walk
9. Spend time with a pet
10. Take a shower or bath
11. Listen to music
12. Watch a sunset
13. Turn cell phone off for 30 mins
12. Splash water on your face
13. Stretch
14. Use a stress ball or fidget toy
15. Go to bed early
16. Do a puzzle
17. Colour, paint or draw
18. Write in a journal
19. Read a book
20. Dance
21. Drink Tea
22. Pray

