

## MINDFULNESS

Mindfulness: State of being present in the here and now; being in the moment, being in your body; not being on 'autopilot'

Mindfulness means owning each moment- good, bad, or ugly. Being grounded is a basic step in the state of being mindful.

Mindfulness contributes to a richer, fuller life because you are noticing all the things around you (e.g., not eating an entire meal without tasting it).

Mindfulness can help us be calmer, but not necessarily. To be mindful you have to put aside your worries about the future and regrets about the past (at least temporarily). This can be really liberating since much of what upsets us is in other time periods than the present.

Being mindful contributes to greater effectiveness in the here and now. If you get all of the worries and regrets out of your mind, it is easier to focus on the things you want to do in the present.

What things are important in mindfulness?

- Observe with all senses
- Notice without getting caught up in the activity
- Participate fully without getting pulled back into worrying
- One-mindfully (do one thing at a time)
- Be non-reactive- notice where your mind goes, then pull it back- don't be upset if your attempts at mindfulness aren't perfect
- Non-judging- notice your experiences without judging them as positive or negative
- Describe- put verbal labels on your experience

Parts of your mind: Emotional mind, Rational mind, Wise mind

- Mindfulness allows you to harness the power of both emotional and rational parts together (wise mind)
- Wise mind = not being blinded by emotionality and not being so rational that you ignore your feelings!