

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. It is awareness through intentionally paying attention in the present moment without judgment. When you are mindful, you are fully aware of your current experience. As human beings, we often judge our experiences as "good or bad, right or wrong". With practice, our appreciation and acceptance of the present moment, whatever it holds, increases.

People often think that mindfulness means meditating. Meditation is a way to practice mindfulness, but we can use our mindfulness skills in every aspect of our lives: eating, walking, exercising, communicating, studying, etc.

An easy way to bring your awareness back to the present moment is to engage your senses. Become aware of what you are seeing, smelling, tasting, hearing, and sensing in this moment. When the mind distracts you (which it will), simply return to your senses.

Another useful tool is to remember the *ABC of Mindfulness*:

- **A is for Awareness** - Become more aware of how you are feeling physically, mentally, and emotionally in the moment.
- **B is for "just being"** with your experience. Avoid the tendency to automatically respond or find reasons for thinking or feeling.
- **C is for seeing things as they truly are** and responding more wisely.

Below is a list of resources to start you on your mindfulness and meditation journey. Like other self-awareness practices, such as yoga, mindfulness and meditation are practices that are very personal and unique to you. All that is required is a dedication to your daily practice.

Handouts/Websites

American Mindfulness Research Association

Mindful

The Free Mindfulness Project

How Meditation Changes the Brain

How to Practice Mindfulness: 11 Practical Steps and Tips

Podcasts/Videos

Podcast: Ten Percent Happier

Podcast: The Mindful Minute

Podcast: The Daily Meditation

TED Talk: Andy Puddicombe, “All it Takes is 10 Mindful Minutes”

TED Talk: Pico Iyer, “The Art of Stillness”

TED Talk: Light Watkins, “Debunking the 5 Most Common Meditation Myths”

Meditations

Loving Kindness Meditation

20 Minute Mindfulness Meditation for Being Present

Guided Meditation for Morning Inspiration and Positive Energy

Meditation for Sleep: Detachment from Over-Thinking at Bedtime

Books

Permission to Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive by Marc Brackett, PhD.

The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness by Rhonda V. Magee

The Mindful Twenty-Something: Life Skills to Handle Stress...and Everything Else by Holly Rogers

Applications

