

Mindfulness Exercises



Mindfulness means living in the present moment and being intentionally more focused on what is happening in your surroundings – without judgement. Mindfulness encourages slowing down and letting negative thoughts pass before responding to situations. When you give yourself time to pause, you likely will notice a sense of calm and a greater awareness of your emotions. Mindfulness as a tool is beneficial for overall wellness and can be utilized at any time with noticeable results. Like anything new, it takes practice to become efficient at using mindfulness in times of need.

Mindfulness Exercise # 8: Create Your Own!

You are probably getting the idea that virtually any activity can be a mindfulness exercise when you take a moment to apply the concepts of mindfulness: intention, attitude, attention and acceptance. It helps to practice meditation or other exercises that bring your focus to the present, but you can bring these four mindfulness concepts to just about anything you do. You will find yourself less stressed and more grounded as a result of applying these concepts.

Activities that we are interested in can bring us enjoyment, but we can take the benefits a step further by approaching these activities with a mindful lens. Here is a list of some everyday activities that you can apply the mindfulness concepts to, if you need some ideas to start:

- Brushing your teeth or your hair
- Stretching, yoga, tai chi
- Cooking
- Gardening
- Puzzles
- Journaling
- Crafting, Art, Woodworking, Pottery
- Drawing, painting
- Any activity that needs to be done or,
- Any activity you enjoy doing.