

# MINDFULNESS

## WHAT DOES MINDFULNESS MEAN?

= Consciously directing attention to experiencing the present moment.

- ▶ Perceiving the thoughts, feelings and needs
- ▶ Acceptance

## HOW TO ACHIEVE MORE MINDFULNESS

To be mindful, it is important to purposefully interrupt the autopilot (automatic reaction based on patterns and assumptions). A conscious observer takes the place of the autopilot. Digression is part of it. It is important to recognize this and to direct the perception in a friendly way back to the present moment.

## MINDFULNESS IN EVERYDAY LIFE

### MINDFUL BREAKS

- ✓ Enjoy the coffee/ chocolate mindfully
- ✓ 5 minute walk
- ✓ Listening to the breath
- ✓ Pausing with a specific thought in mind
- ✓ Sharing "a moment" with someone (an encouraging gesture, etc.)

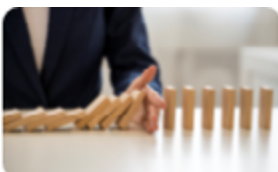
### AFTER WORK & DAYS OFF

- ✓ Mindful eating
- ✓ Movement
- ✓ Music
- ✓ Phone call/ conversations
- ✓ Mindfulness routine before bedtime (e.g. body scan)

### LONGER PERIODS OF STRESS

- ✓ Not overlooking joy and gratitude (positive diary)

## YOUR MINDFULNESS PLAN



What will you do to practice mindfulness in everyday life? When, where and how?



Why? What are your reasons?

