

MINDFULNESS MADE SIMPLE

SUPPLEMENT TO VIDEO
WITH SAME CONTENT

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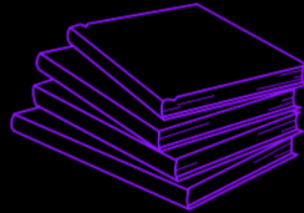
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mind·ful·ness (noun)

"A mental state achieved by focusing one's awareness on the present moment...."

Source: Oxford English Dictionary

You can find references to, or elements of, "mindfulness" in many religious, philosophic, and psychologic sources across the globe.



Context and history can be interesting, but, in a nutshell, there are four common themes across virtually all approaches...





AWARENESS

Focus on the present moment.



NON-JUDGMENT

Accepting things as they are, without labeling them as "good" or "bad."



ATTENTION

Focus on what is happening inside (thoughts, feelings) and outside (senses, environment).



SELF-COMPASSION

Cultivating a kind and understanding attitude toward yourself.

REPORTED BENEFITS OF MINDFULNESS ARE MANY:

- ✓ Reduced stress and anxiety.
- ✓ Improved focus.
- ✓ Enhanced emotional regulation (frustration, anger).
- ✓ Better mental health.
- ✓ Improved relationships.

MINDFUL BREATHING

Focus on your breath. Take deep, slow breaths in through your nose, hold for a count of four, and exhale slowly through your mouth.



Feel the rise and fall of your chest and abdomen.

Does the air feel warm or cool? Dry or moist?

If stray thoughts enter your mind, allow them to pass through, and return the focus to your breathing.

BODY SCAN



Find a comfortable position in a quiet setting. Close your eyes and relax. Take a few deep breaths.

Mentally scan your body, slowly and intentionally, from head to toe.

Notice any areas of pain or tension, focus on each, and relax them. Try to think only about the part you are on at the time...not what's next.

If stray thoughts enter your mind, allow them to pass through, and return the focus to your body scanning.

MINDFUL WALKING

Walk slowly, focusing on each step. Smell the air.

Notice how your feet feel when they touch the ground. Is the surface soft or hard?

Focus on the movement of your legs, how they bend at the hips and knees.

If stray thoughts enter your mind, allow them to pass through, and return the focus to your walking.



MINDFUL EATING

Eat slowly, savoring each bite. Do not rush!

No television, cell phones, or tablets! Be present.

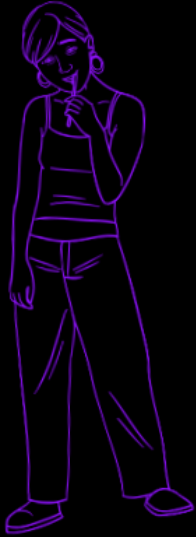
Pay attention to the tastes, textures, and aromas of the food and drink. Which do you notice first?

How does the food change in your mouth as you chew?

If stray thoughts enter your mind, allow them to pass through, and return the focus to your eating.



BRUSHING TEETH



Feel the toothpaste as you squeeze it onto your brush. Watch as it spreads evenly across the surface. What color?

Pay attention to the taste and feel of the paste as it meets your tongue. What flavors? Aromas?

How does the water sound as you run it to adjust the temperature? Appreciate the mix of cold and warm.

Close your eyes and focus on the movement of the brush across your teeth. Notice the direction of the brush as it moves up, down, left, right, and around.

If stray thoughts enter your mind, allow them to pass through, and return the focus to your brushing.

AS YOU PRACTICE MINDFULNESS, REMEMBER THE FOUR ELEMENTS:

1. Awareness
2. Non-judgment
3. Attention
4. Self-compassion



LEARN MORE ABOUT
MINDFULNESS, CALMING
BREATHS, AND GUIDED
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THANK YOU!

GOOD WISHES ON YOUR
MINDFULNESS JOURNEY.