

Working Through the Hard Stuff: Mindfulness

“The future is a fantasy. The past is a memory. Our healing happens in the present.” - Jack Kornfield

What Is Mindfulness?

Mindfulness is doing one thing at a time in the **present moment** with your *full attention*, and with **acceptance**.

When practicing mindfulness, it is important to remember you **have no goal, no desired outcome**. You are just allowing yourself to **experience the present moment** with **acceptance**.

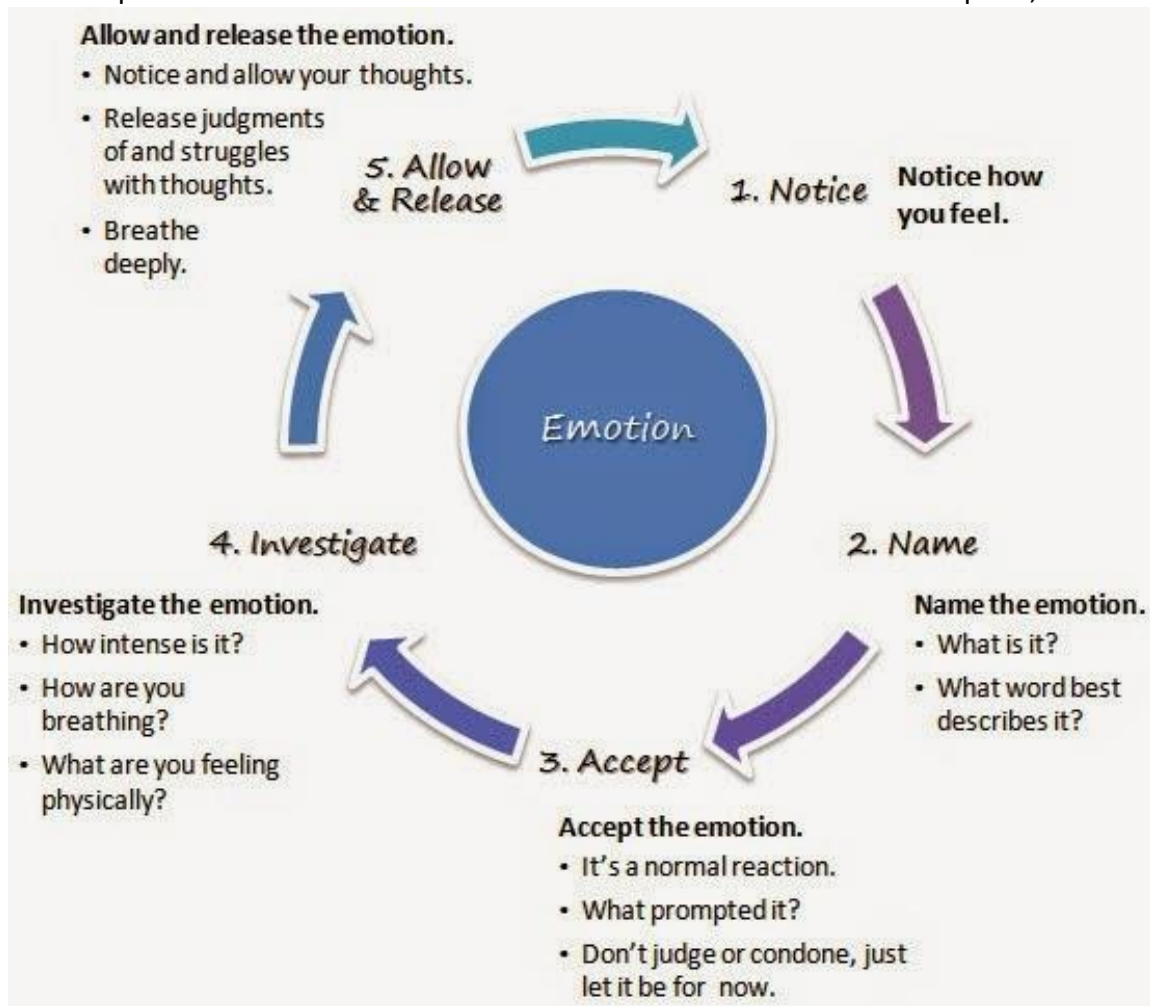
Mindfulness Essentials:

1. Practice **ACCEPTANCE** of our present experience and emotions, instead of putting energy into **RESISTANCE** of what is.
2. Realize **you have the power to control your reaction** and can invite positive changes thereafter.
3. Experiencing more than one emotion is not only possible, but unavoidable, and human! You can love and hate. Feel fear and joy.
4. Trust your ability to control your thoughts and create peace in your life.

Mindfulness As a Tool

Mindfulness is the FIRST STEP needed to regulate our emotions.

- Practice to train our “**mindfulness muscle**” + mental resilience
- Recognize that emotions are there to tell us what we need and are ultimately **information** (not to punish us). Emotions are **CRITICAL IN CREATING our personal HEALING.**
- **Mindfulness is NOT changing our results or behaviors. IT IS BECOMING AWARE OF THEM.** With discipline and intention you are able to observe experiences WITHOUT acting on impulses.
- **Acting on behaviors/urges** → creates unconscious habits/unhealthy patterns



Practice ANYTIME, ANYWHERE.

- Listening to music, Playing with your dog, Having a conversation with someone, Gardening, Watching TV/movie, Taking a walk, Cooking/ eating

Additional Exercises to Practice Mindfulness:

Refer to- <https://dialecticalbehaviortherapy.com/mindfulness/>