

Week 4: Insight

How Can You Be Mindful?

“Be happy in the moment. That is enough.” – Mother Teresa

Mindfulness is the ability to be present and aware of our in-the-moment thoughts, feelings, and bodily sensations, without judgement. There are many benefits of being mindful. Some of these benefits include reducing stress, enhancing performance and focus, and gaining insight and compassion for ourselves and others.

One way to practice is through mindfulness meditation. Mindfulness meditation teaches you to slow down racing thoughts, let go of negativity, and calm your mind and body. Mindfulness meditation typically involves slow and deep breathing along with awareness of the body and mind.



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Exercise:

Take a few minutes to recognize your 5 senses. Remember to incorporate some of the grounding techniques used during meditation.

5 things I can **see**

4 things I can **touch**


3 things I can **hear**

2 things I can **smell**

1 thing I can **taste**

Reflection:

How did you feel while doing this exercise? How does the way you felt before the exercise differ from how you feel after?

 **Challenge:** Find a mindfulness activity and use it regularly over the next week.