

What Is Mindfulness?

Mindfulness is a state of being present in the moment. To be mindful is to promote a sense of awareness in the here and now. When you practice mindfulness, you can be more gentle with yourself, reduce anxiety, boost your mood, appreciate more, and build a sense of overall wellbeing.

Practicing mindfulness takes time, patience, and practice. The more you use exercises to build your mindfulness skills, the easier the practice will become.

Directions: Review each mindfulness practice and write which practice you would like to build in therapy in the space provided below.

Observation

Observe yourself interacting with your life experiences. Work toward making neutral, non-judgemental observations about both your environment and what is going on in your body and mind. Learn how to be gentle with yourself, without the need to judge whether things are good or bad, right or wrong, worthy or unworthy, etc.

Acceptance

Accept your emotions without fighting them, rationalizing them, pushing them away, or punishing yourself for them. Accept the limits of control and allow yourself to do what is in your power to take care of yourself. Promote openness and curiosity in the present without forcing outcomes.

Grounding

Ground yourself in the present moment. Use your 5 senses to get in touch with what is going on around you. Use your breathing to keep yourself calm and mindful, and monitor your body for any points of tension or stress.

Gratitude

Use gratitude to pay respect and attention to the good things, advantages, and positives that you have in your life. Incorporate grateful thoughts and feelings into your lifestyle to promote awareness of the good things around you and the potential for happiness and contentment. Pay attention to the people you are grateful for, and thank them for their role in your life.

Which mindfulness practices would you like to build in therapy?
