

Mindful Bodies

As I become still in my body,
I notice how I am sitting,
how I am feeling,
and the quiet that results.

How can mindfulness be helpful for me today?
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Mindful Listening

Listening very carefully,
what sounds do I notice?
What do I hear around me,
even in my own body?

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Mindful Breathing - Finding My Base

Noticing what it feels like to breathe,
I notice where I feel my breath in my body.
I keep my attention on my breath
and notice how this feels.

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Heartfulness - Sending Kind Thoughts

May I/you be healthy and strong.
May I/you be happy.
May I/you be peaceful.
May I/you feel... (safe, loved, etc.)

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Mindful Body Awareness

Taking a trip around my body,
I notice how my feet feel from the inside
and scan my body inside from head to toe.
What sensations do I notice?

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Mindful Breathing - Staying at My Base

Noticing what it feels like to breathe,
I use anchor words to focus my attention.
Breathing in, breathing out...
What do I notice?

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Heartfulness - Generosity

What does generosity mean to me?
What does it feel like to be generous?
I notice generosity in myself and others.
Generosity is all around us.

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Mindfulness of Thoughts

I notice my breath, body and thoughts.
Are they about the past, present or future?
When I notice a thought, I label it
“thinking, thinking” and see what happens.

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Mindful Seeing

Pretending I have keen animal eyes like a hawk,
I look around very slowly and very carefully.
What do I notice with mindful seeing?
What do I hear when I am mindful seeing?

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Heartfulness - Kind and Caring for Others

Imagine someone getting picked on.
Do I join in, get angry, ask for what I need,
be kind or caring in the situation?
What's feels best to me?

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Emotions - Creating Space

Mindfulness helps bring space between my emotions and actions. When I notice a certain emotion, I pay attention to my breath and use anchor words to create space.

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Slow Motion

Bringing attention to how I move my body, I begin to move very slowly, raising up one arm at a time, then sitting and standing very slowly. What do I notice in slow motion?

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Gratitude - Looking for the Good

What does it mean to feel grateful?
How do I feel when I notice and list ten things I am grateful for in my life? I commit to noticing the good around me and sharing it with others also.

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Mindful Walking

Balancing on both feet evenly, I feel my feet on the ground. Slowly lifting one foot I notice how I feel as I put it back down, paying attention to how it feels as I walk today.

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Mindful Eating

How do I feel as I prepare to eat?
Feeling the food on my tongue, I am curious about how it feels to chew and pay attention to what I am tasting. What else do I notice?

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Mindful Test Taking/Performance Anxiety

Imagining I am about to take a test, perform or I am feeling anxiety about something, I visualize myself working through the anxiety, doing well, moment by moment, step by step.

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