

MAY 2023

# MINDFULNESS

Behavioral Health Wellness Shorts



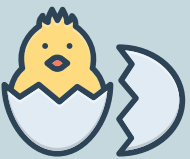
## WHAT IS MINDFULNESS?

Mindfulness is the ability to be **fully present, aware** of where we are and what we're doing, and **not overly reactive** or overwhelmed by what's going on around us...

## 7 KEY ATTITUDES OF MINDFULNESS



1) **NON-JUDGING**: Strive to witness your experience without judging.



2) **PATIENCE**: Try to accept that things happen in their own time and allow it to be.



3) **BEGINNER'S MIND**: Remain open and curious to new possibilities.



4) **NON-STRIVING**: Just be with yourself without trying to change anything.

5) **TRUST**: Know it is okay to make mistakes and develop a sense of trust for yourself.



6) **ACCEPTANCE**: See things as they really are.

7) **LETTING GO**: Let your experience be what it is.

The goal of mindfulness is to wake up the inner workings of our mental, emotional, and physical state while increasing the **self-acceptance** and **balance** in our lives.

Mindfulness sometimes involves breathing exercises, guided imagery, and other formal practices. We can also practice mindfulness informally through everyday tasks like eating, walking, or making our beds.

... **HOWEVER, LAPSES OF MINDFULNESS HAPPEN TO THE BEST OF US.**

**HERE ARE 8 COMMON OBSTACLES TO MINDFULNESS:**

- Being under stress
- Being exhausted
- Being hungry
- Having emotional reactivity
- Experiencing pain
- Being rushed
- Having addictive behaviors
- Being absorbed in your own narrative

**BY UNDERSTANDING THESE OBSTACLES, YOU CAN:**

- Be easier and less judgmental with yourself knowing that these pitfalls exist
- Notice and interrupt them so you may recover your mindfulness more quickly

**NO FEELING IS PERMANENT**

**READ THE FULL ARTICLE AT CHOPRA TO LEARN MORE:**

[www.chopra.com/articles/over-coming-the-8-obstacles-to-mindfulness](http://www.chopra.com/articles/over-coming-the-8-obstacles-to-mindfulness)



Focus on your  
breath



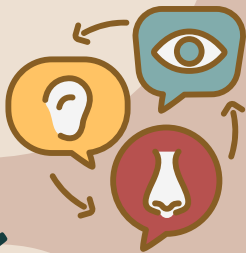
Play a game



Enjoy your  
favorite drink



Connect with  
your senses



Think of  
3 things you're  
grateful for



Write/journal



Take a walk



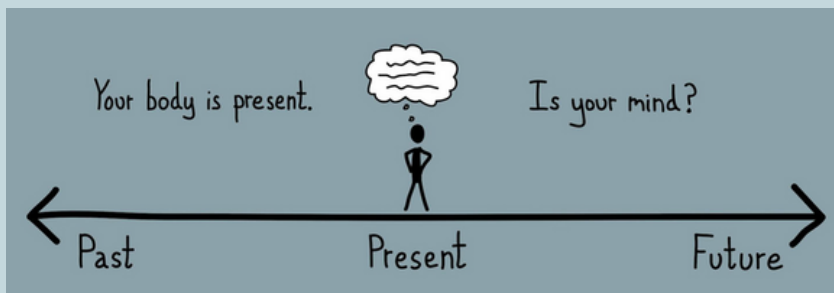
# SIMPLE MINDFULNESS practices

# DID YOU KNOW

## We can practice mindfulness at work?

In fact, practicing mindfulness throughout our work day can:

- \* Enhance your creativity
- \* Reduce mistakes
- \* Increase effectiveness & productivity
- \* Reduce stress



Mindfulness is when you are truly there, mind and body together

## QUICK TIP:

**Active listening is a mindfulness practice that also enhances communication skills. Check out the three steps on how to practice mindfulness below.**

1. Give the person your full attention when they are speaking without interruptions.
2. Use non-verbal listening skills (nod, smile, maintain eye contact) throughout the interaction.
3. Communicate verbally to the individual what you heard them say before providing your opinion or ideas on the situation.

### Resources:

[mindful.org/what-is-mindfulness/](http://mindful.org/what-is-mindfulness/)  
[psychcentral.com/blog/non-judging-non-striving-and-the-pillars-of-mindfulness-practice](http://psychcentral.com/blog/non-judging-non-striving-and-the-pillars-of-mindfulness-practice)  
[chopra.com/articles/overcoming-the-8-obstacles-to-mindfulness](http://chopra.com/articles/overcoming-the-8-obstacles-to-mindfulness)

Pennsylvania  
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