

Steps to Mindfulness and Self Care

So why is mindfulness essential? Once you incorporate paying attention on purpose into your life, **you complain less, appreciate more, respond instead of react, and fill your life with what is most important to you.** More than anything, you will learn how to be present and live in the moment.

1. Daily meditation practice in the beginning **2- 5 minutes**, adding minutes, as you get comfortable ultimately reaching 20 minutes. Planning a set time of the day will help you to practice daily. It's not about getting anywhere; it is about connecting with yourself.

2. Journaling

3 things that you are grateful for

What would make today great

Daily affirmations; what are your personal strengths?

What went well today?

3. When it gets crazy.

Arms swings for 2 minutes

Take a short walk, walking slowly, paying attention to your body

Shaking

4. Take a Mini Mindful Moment.

3 Breath breaks a day – 5- 10 deep breaths at each break

5. Thank one person a day or do a random act of kindness

6. Find the beauty in everyday activities

7. Spend time in nature. Pay attention and actually see the sky, ocean, stars and notice the beauty around you.

8. Notice where you tend to zone out (e.g., driving, emailing or texting, web surfing, feeding the dog, doing dishes, brushing teeth, etc.). Practice bringing more awareness to that activity.

9. Practice paying attention to how you move. Try doing a gentle stretch when you are losing focus.

10. Set an Intention for your day. As the day gets hectic, come back to your intention.

11. The ultimate challenge: 21 days of no complaining

Ideally, start out your day with a "mindfulness exercise," such as focusing on your breathing for five minutes before you get out of bed. Focus on the flow of your breath and the rise and fall of your belly. When your mind wanders to thinking, gently bring it back to your breath. If thoughts come in, acknowledge them and let them pass by like clouds in the sky. This can help you to stay better focused for the rest of the day.

As the day goes on, try to minimize multi-tasking, as this is the opposite of mindfulness. If you find yourself trying to complete five tasks at once, stop yourself and focus your attention back to the task at hand. If emotionally distracting thoughts enter your head, remind yourself that these are only "projections," not reality, and allow them to pass by without stressing you out.

Always going back to your breath, the anchor of your practice.

Be patient and kind to yourself.

My guided meditations!

<https://soundcloud.com/user-513435914>