

# Mindfulness Handout

## 3 MINDFULNESS PILLARS



Present Moment Awareness

Mind Body Connection

Acceptance/Non-Judgement

### Formal Mindful Practices

- Meditation
- Breathing Exercises
- Movement
- Journaling

### Ideas for Living Mindfully

- Single Task Focus
  - Mindful eating/cooking
  - Mindful showering
  - Mindful chores
  - Stretching throughout workday
  - Mindfully petting your dog
  - Mindfully playing with your kids
  - Phones away at dinner
  - 3 things you're grateful for
- Self-Awareness
  - Observing thoughts
  - Recognizing emotions
  - Connecting to body and notice physical experience



Mind Full, or Mindful?

Click on the links below to learn about or practice mindfulness

Links to learn about Mindfulness:

<https://www.mindful.org/meditation/mindfulness-getting-started/>

<https://www.psychologytoday.com/us/basics/mindfulness>

Links to practice Mindfulness:

[5 minutes off](#)

[Body Scan](#)

[Leaves on a Stream](#)

[Progressive Muscle Relaxation](#)

[S.T.O.P. technique](#)

[Grounding Meditation](#)