

COMMUNITY MENTAL HEALTH AWARENESS DAY

GUIDE TO MINDFUL LIVING

with
MINDFUL *Bliss*

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FORMAL MINDFULNESS PRACTICE

BEGIN WITH SHORT
MINDFULNESS PRACTICE

BEGIN WITH 5-MINUTES & WORK YOUR
WAY TO A LONGER PRACTICE

Mindful Breath Awareness



Allow your focus to move to your breath

Breathe in and out through your nose

Simply remain focused on your breathing as it is

When your mind wanders, gently and kindly bring your awareness back to your breath

Body Awareness

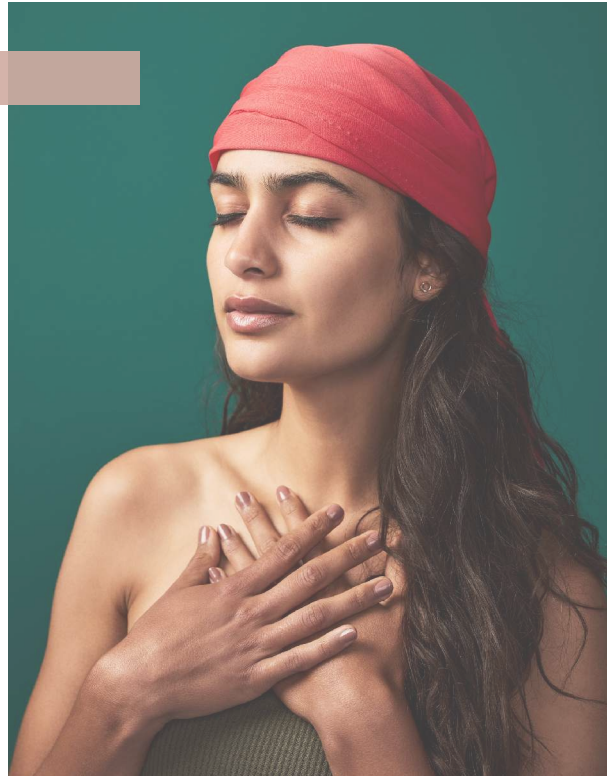
Allow your awareness to spread to your body

You may choose to:

- Systematically move from head to toe
- Randomly move throughout your body
- Connect to your body as a whole
- Whatever method works best for you, simply become aware of the sensations and feelings within, pleasant, neutral, or unpleasant

Allow yourself to become curious with your body

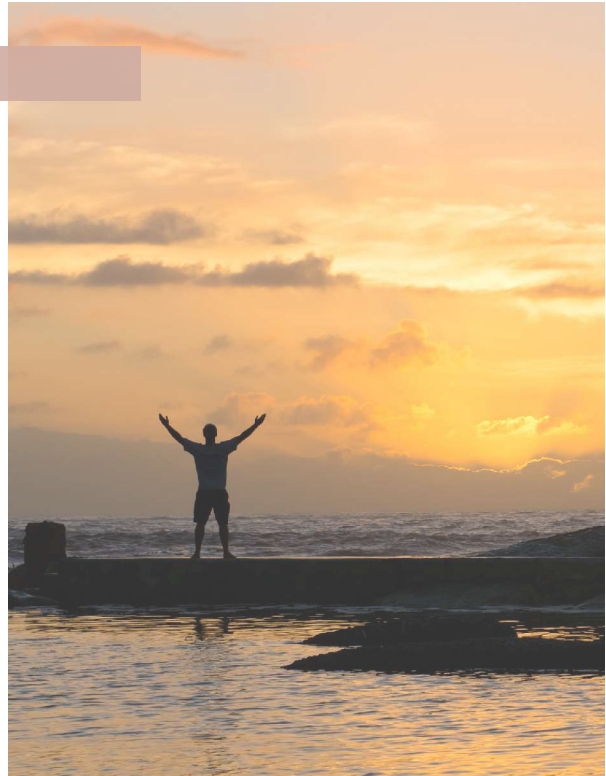
When your mind wanders, gently and kindly bring your awareness back to your body



Gratitude Practice

Allow yourself to bring awareness to your life and all that it offers you.

Allow yourself to bring forward one moment of gratitude or appreciation in your life.



Speak the gratitude in your mind, breathe with this gratitude, and feel the gratitude in your body.

Repeat this two more times (3 points of gratitude in total). Remember **when your mind wanders, gently and kindly bring your awareness back to your moments of gratitude

Tip** Write down what you are grateful for in a journal - on rough days, pull out your journal, mindfully enjoy these past moments of life, and breathe

Compassion Practice

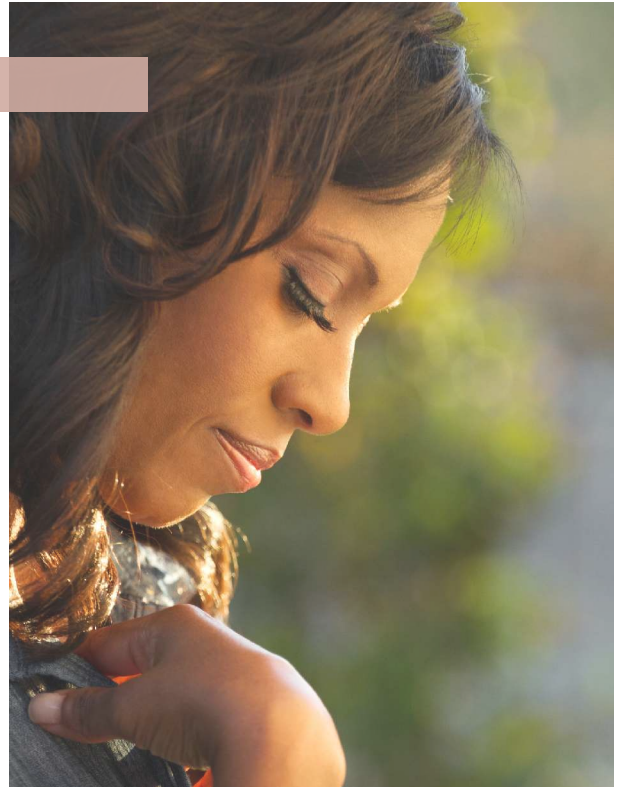
Allow your gentle awareness to move to you and how you are feeling in this moment - free of judgment.

If you are feeling stressed, angry, tired, or burnt out, this is a momentary sign of suffering or discomfort - allow and acknowledge this moment.

Offer yourself the love and understanding - you are human, you are not alone.

Place your hand on your body where it feels supportive and be willing to offer yourself this time.

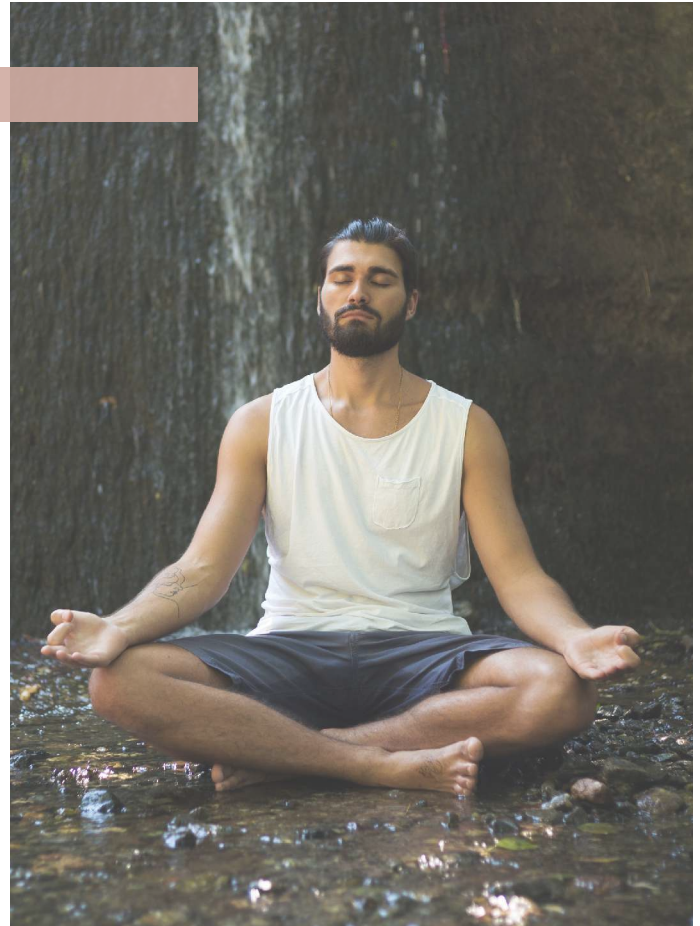
Repeat to yourself an offer of compassion "May I be kind to myself." "May I give myself the compassion that I need." **Only then can you offer compassion to others.



MINDFUL LIVING PRACTICE

BRING MINDFUL AWARENESS
INTO YOUR DAILY LIFE

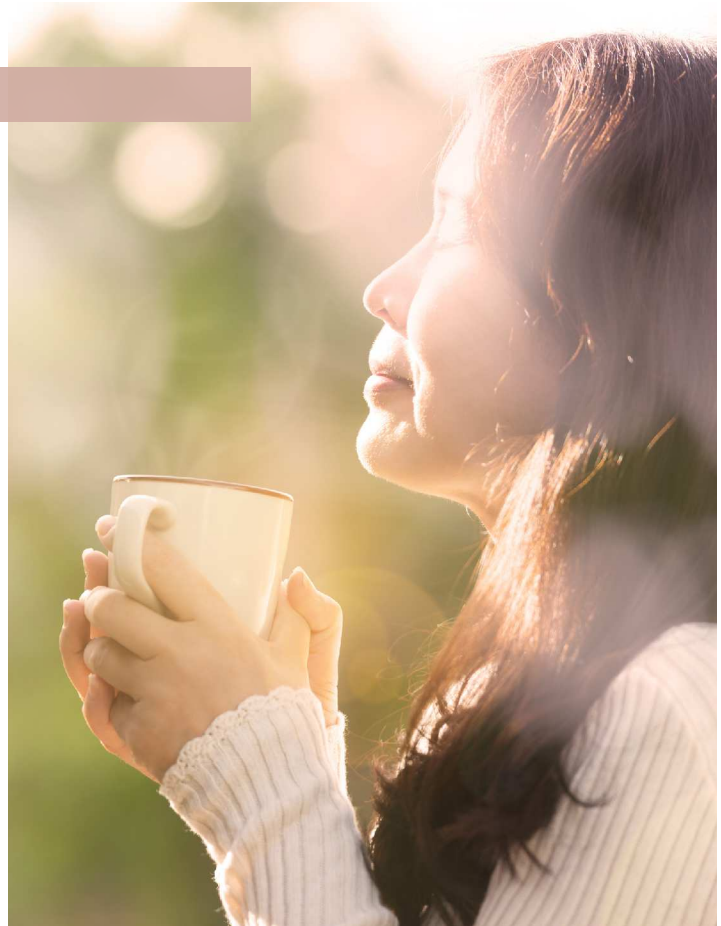
Mindfulness Practice



Make YOU a priority

- Create a connection to your mindfulness practice
 - find your reason mindfulness is needed in your life (find your WHY)
- Make it a daily practice
- Give it time

Create Rituals



Create mindful rituals with everyday life moments

- Upon waking, do gentle stretching in bed
- Make your morning coffee or tea a mindful presence practice for the duration of consumption
- Lunch or dinner, eat mindfully for the first 5-minutes of the meal
- At bedtime, write down your three moments of gratitude

Mindful Communication



Bring awareness and fullness of presence into communication including:

- Eye contact
- Body language
- Voice tone
- Active listening
- Topic discomfort
- Mindful responses
- Ease of breath

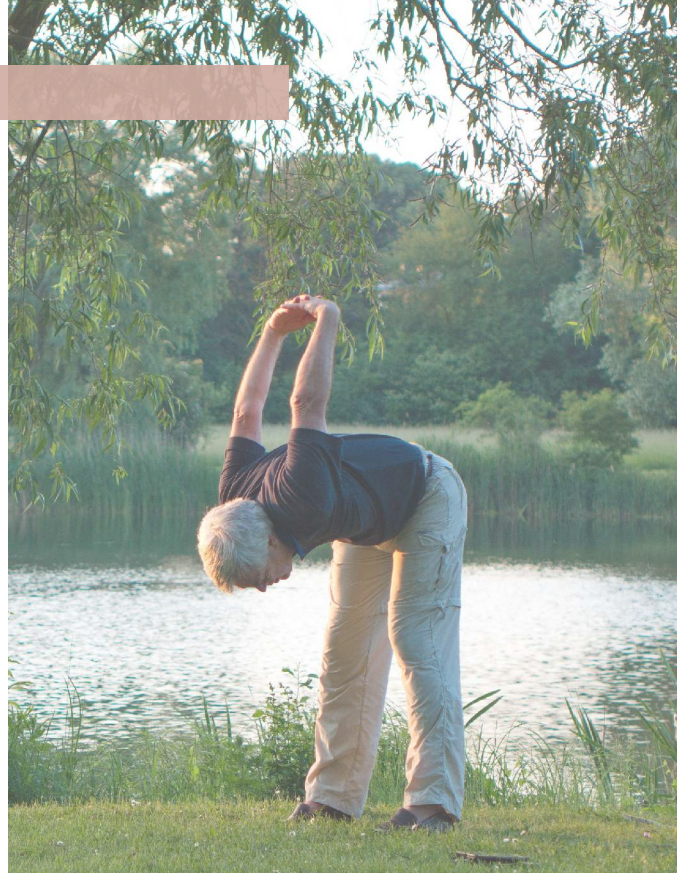
Mindful Eating



Bring awareness and fullness of presence into some or all of the steps of eating including:

- Grocery shopping
- Gratitude and recognition for how the food got to your table
- Growing your own food
- Food preparation
- Cooking food
- Eating a meal
- Cleaning up from a meal

Mindful Movement



Bring awareness, the fullness of presence, and gratitude into your movement

Here are some simple ideas to get you started:

- Take a mindful walk
- Practice Yoga
- Practice QiGong
- Begin to become aware of how your body moves to get you from Point A to Point B
- Release expectations on your body
- Bring gratitude into your body movements

Mindful Planning



Create time and space for focused planning by:

- Becoming aware
- Recognizing that your mind is distracted and pulled into these areas where planning is needed
- Scheduling time for planning (15-minutes)
- Practicing awareness during this time - give the one topic your full attention
- Recognizing more time is needed for the topic and mindfully plan to complete the process

Useful Mundane

Allow the everyday tasks to become mindful practices.

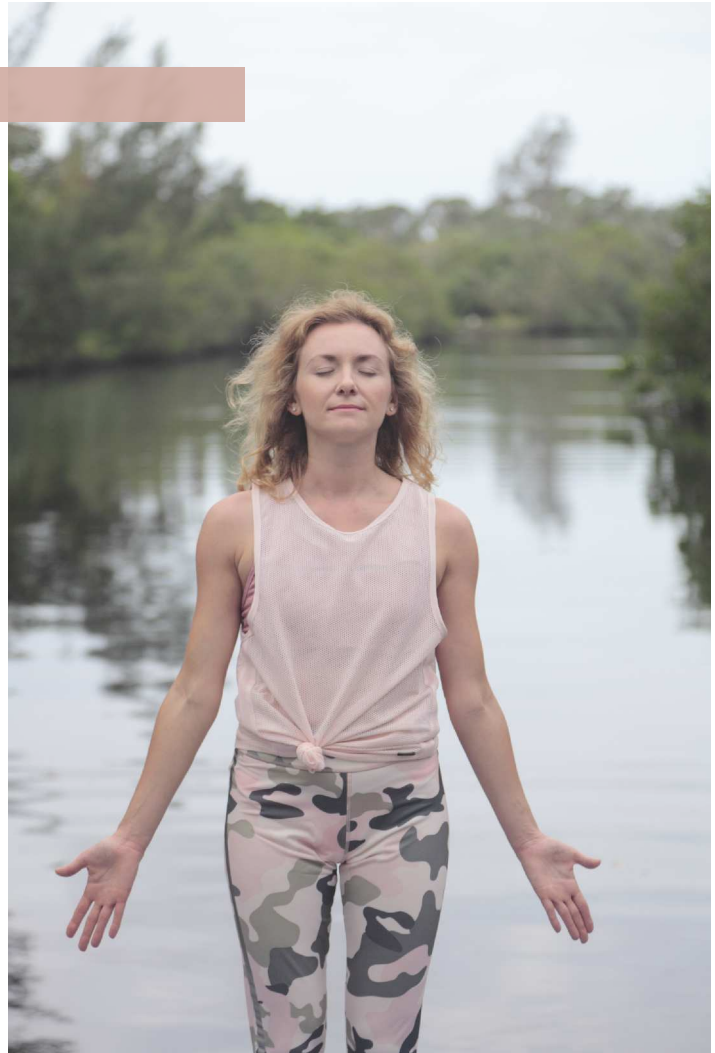


Here are some everyday happenings to think about:

- Brushing your teeth
- Showering
- Washing the dishes
- Waiting in a lineup
- Waiting at a stoplight or stop sign
- Folding laundry
- Washing your hands

Take notice of these mindful opportunities in your life

Stop Doing, Start Being



Take time to stop and smell the roses.

Resist the urge to push through life and move from one thing... to the next... to the next.

Life is precious... enjoy your moments of real life.

Monthly Planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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Notes:

Weekly Planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Thank you for joining the
Community Mental Health
Awareness Day!

I'm so excited to continue working with you,
please reach out to learn more.



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