



Everyday Mindfulness: Managing Your Mind Week 1

Mindfulness is...

Paying attention

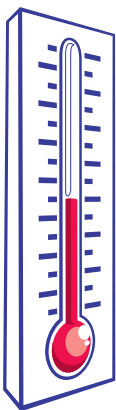
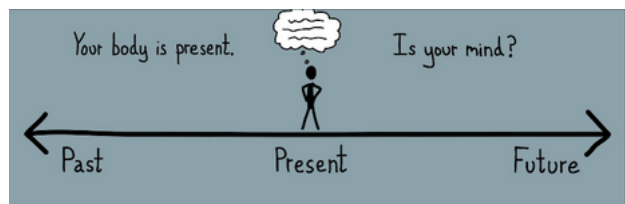
On purpose

In the present moment

To things as they are

Our mind does some things automatically for us to make life easier.

When we're on 'autopilot' we may miss things in the present moment



Our stress response developed to help us survive.

When it kicks in, we focus totally on what is causing us stress and again might miss out on other things in our lives

It's easier to manage our stress response when we can notice our thermometer creeping up throughout the day



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We can bring Mindfulness to our everyday life through simple activities like:



Noticing the
flavour of food
and drink



Noticing
sensations when
you brush your
teeth



Noticing
different
things while on
a walk

Write down some ideas of
how you can bring
Mindfulness to your
everyday life:



Download Body & Breath from our website
www.valleysteps.org/student-mindfulness/



Use the Mindfulness Journal to keep track of what you've
done