



Everyday Mindfulness: Managing Your Mind Week 4



When we resist
things we don't like,
we cause ourselves
more suffering

By accepting what
is, we free up our
energy to do what
we want

What situations do you find yourself resisting?



- 1.
- 2.
- 3.
- 4.
- 5.

Pick one of the situations you usually resist and use the template
on the next page to write down what you notice when you're
resisting





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The situation I resisted was:

Use the space around the picture to write what thoughts, feelings and behaviours you noticed while you were resisting





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Acceptance self-talk prompts

"This is unpleasant, but I
can accept it"

"I don't like it, I don't want
it, I don't approve of it.
But right here and now, I
accept this is how it is"

"I don't like this
feeling, but I
have room for it"

What do you notice when you accept a situation you normally resist?



Download Mindful Movement from our website
www.valleysteps.org/student-mindfulness/



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