



Mindfulness Practice

Downloadable e-booklet

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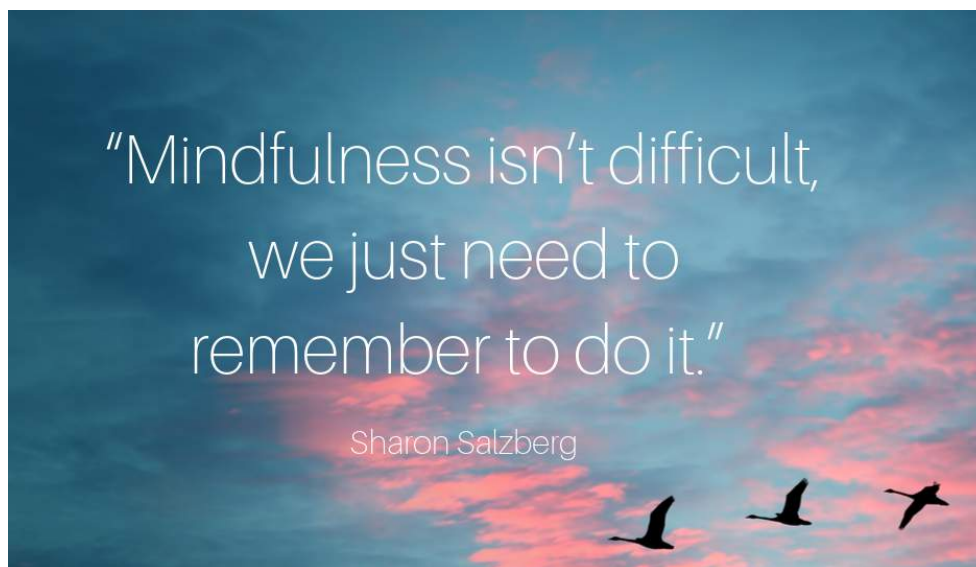


Mindfulness

Russ Harris says we can define mindfulness as: 'A set of psychological skills for enhancing life, that involve paying attention with openness, curiosity and flexibility.'

"Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally," says Jon Kabat-Zinn. "And then I sometimes add, in the service of self-understanding and wisdom."

"Mindfulness allows you to experience your life in the present without ruminating about what just happened, what should have happened, what almost happened," says neuroscientist Sam Harris,



Practicing mindfulness for me is

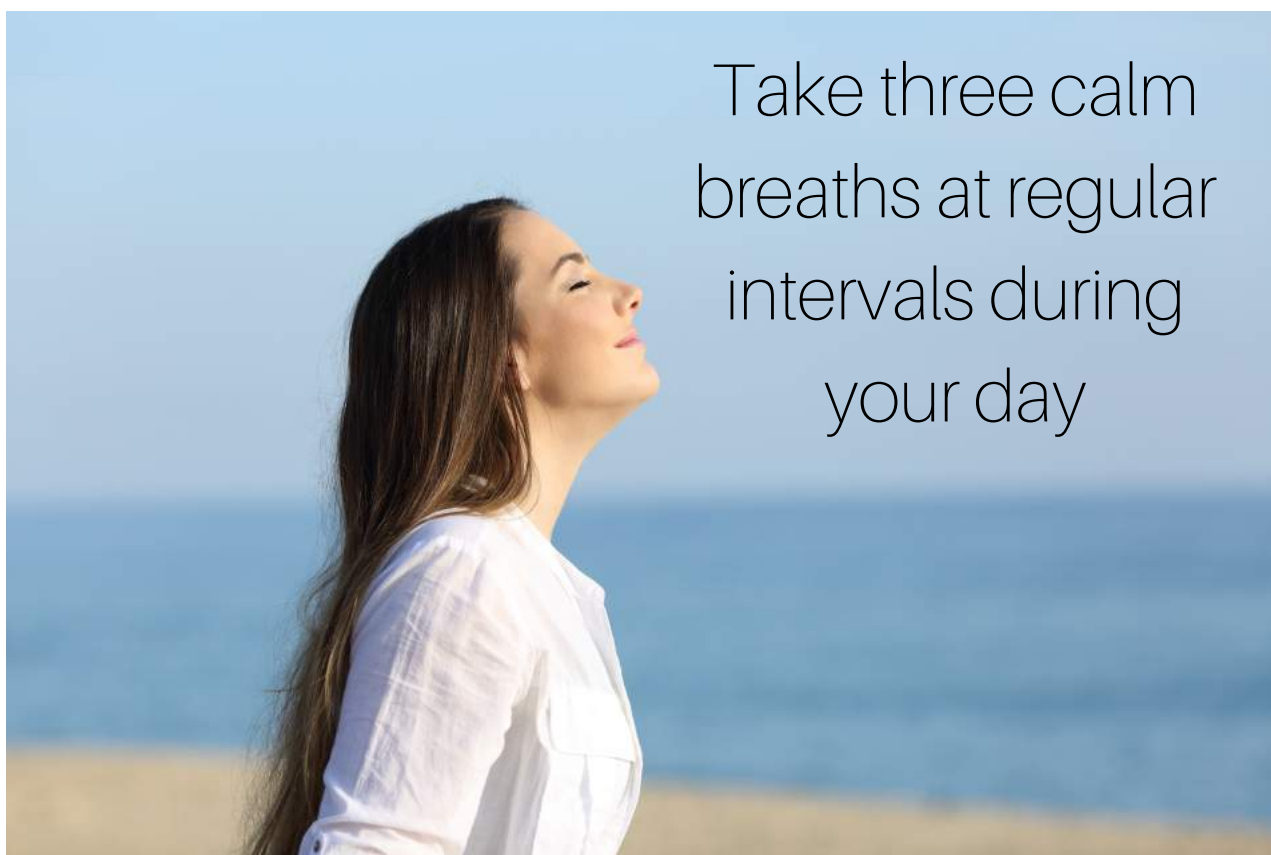
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Mindfulness

Today's Date: _ _ / _ _ / _ _



Take three calm
breaths at regular
intervals during
your day

Today I noticed.....

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Mindfulness

Today's Date: _ _ / _ _ / _ _



Take a moment
to reflect; what
makes you feel
special and
valued

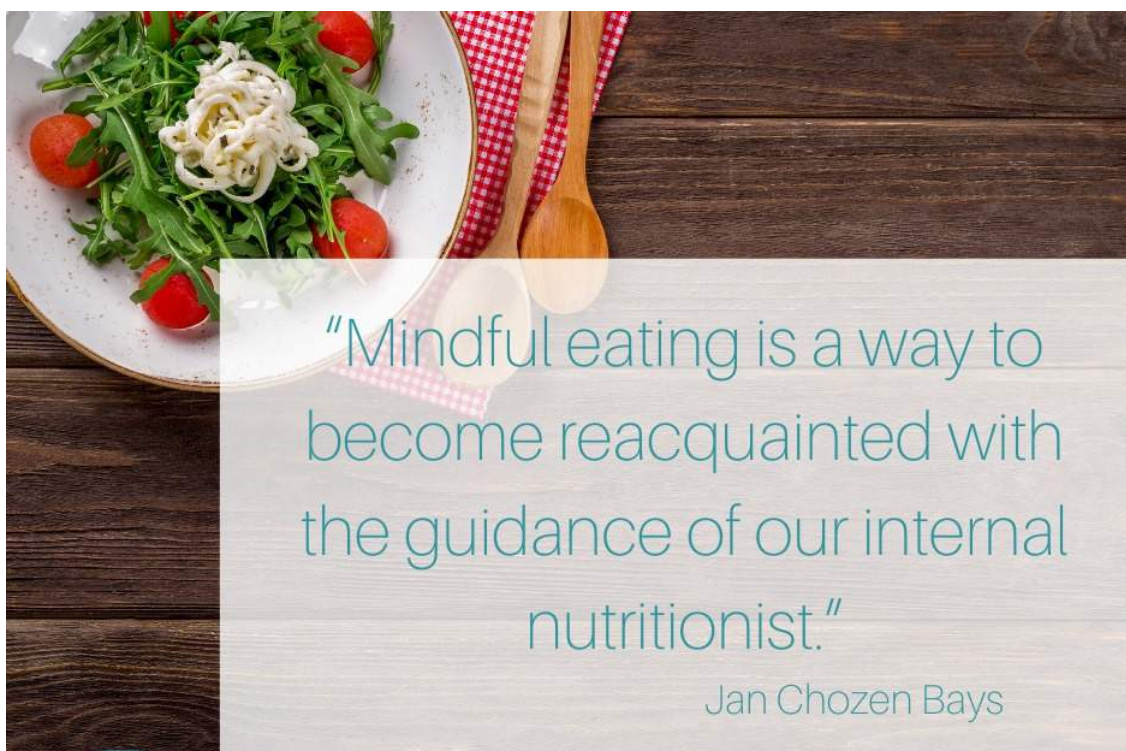
Today I noticed.....

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Mindfulness

Today's Date: _ _ / _ _ / _ _



Today I noticed.....

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Mindfulness

Today's Date: __/__/__



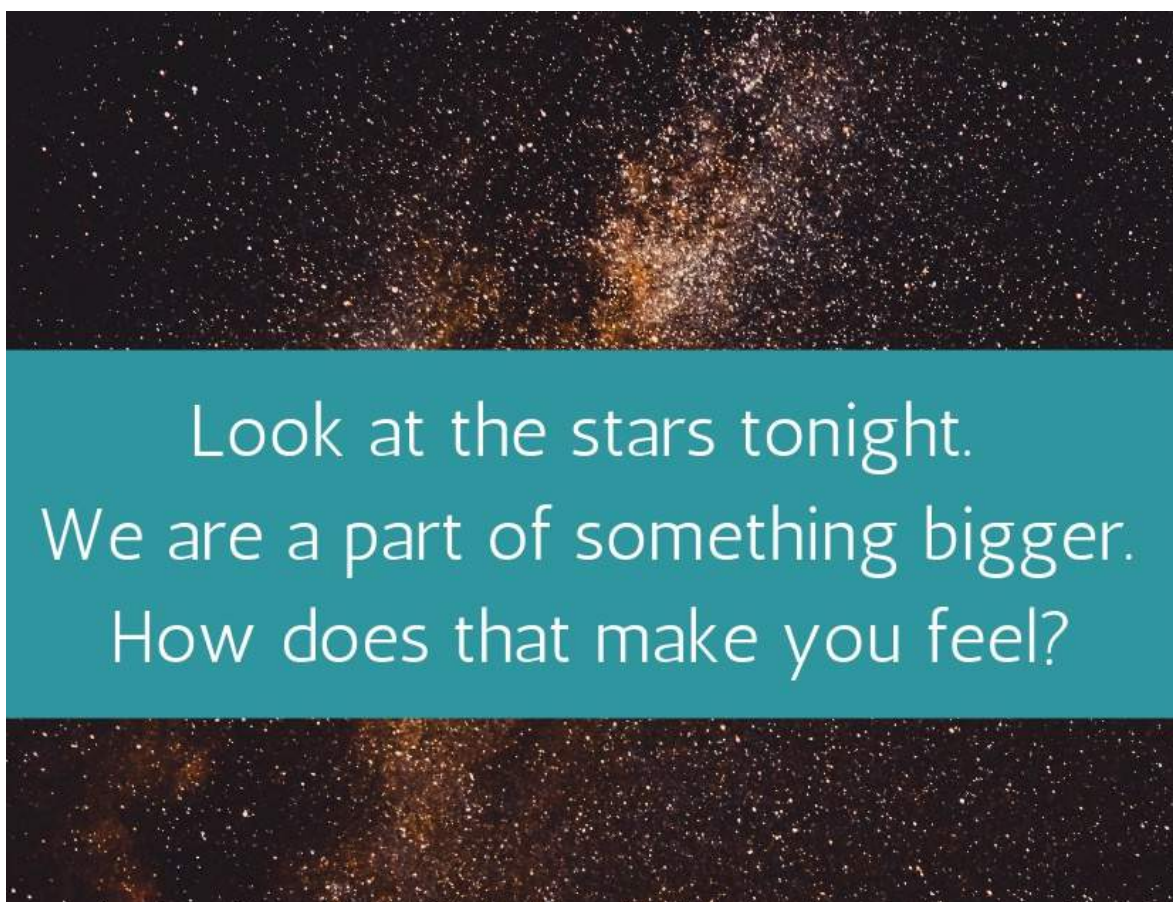
Today I noticed.....

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Mindfulness

Today's Date: __/__/__



Today I noticed.....

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Mindfulness

Today's Date: _ _ / _ _ / _ _

"Step outside for a while – calm your mind.
It is better to hug a tree than to bang your
head against a wall continually."

Rasheed Ogunlaru



Today I noticed.....

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Mindfulness

Today's Date: _ _ / _ _ / _ _



Set an
intention
today to live
with
awareness
& kindness

Today I noticed.....

.....



Mindfulness

Today's Date: _ _ / _ _ / _ _

Wherever you are
today, notice three
things that are beautiful
in the world outside



Today I noticed.....

.....



Mindfulness

Today's Date: _ _ / _ _ / _ _



Start today by appreciating your body
and that you are alive.

Today I noticed.....

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Mindfulness

Today's Date: __/__/__

Notice how
you speak
to yourself.

Can you try
to use kind
words?



Today I noticed.....

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Mindfulness

Today's Date: _ _ / _ _ / _ _

Bring to mind people you care about and
send love to them.



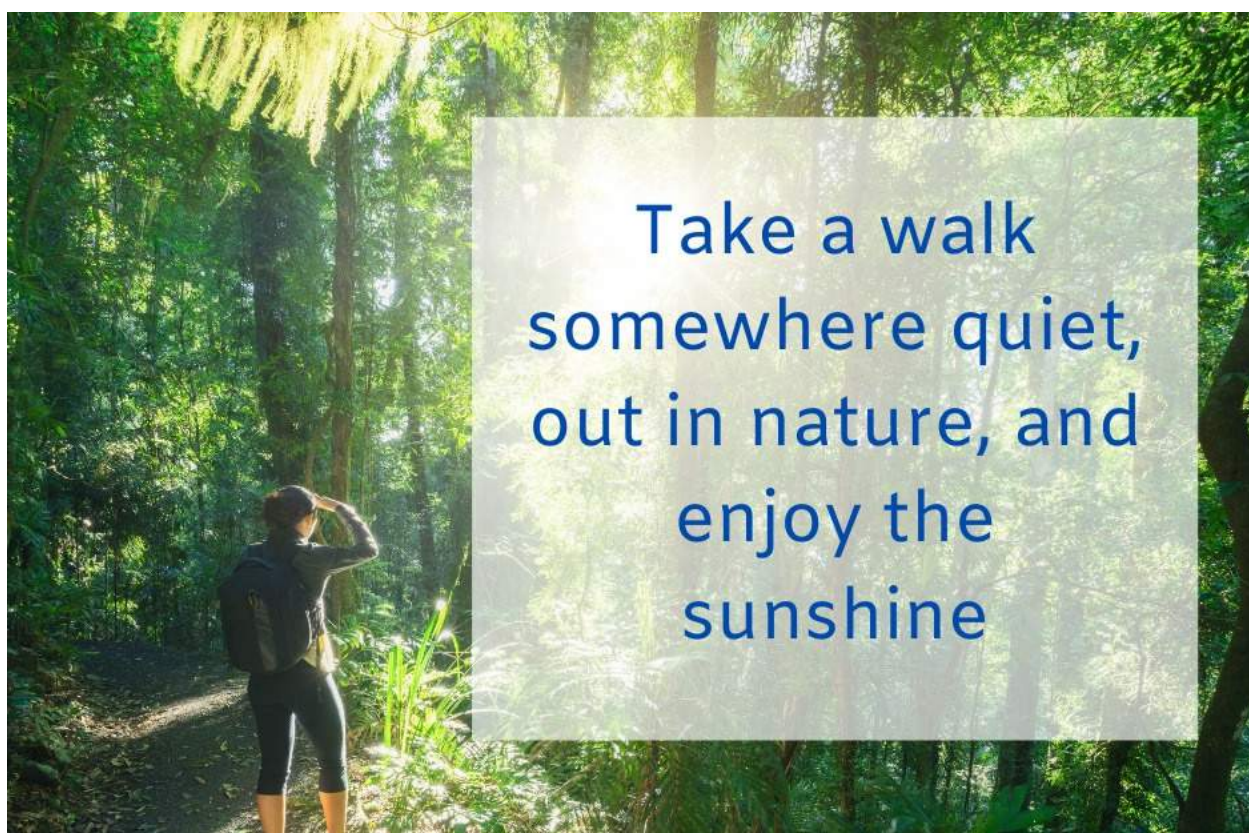
Today I noticed.....

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Mindfulness

Today's Date: __/__/__



Take a walk
somewhere quiet,
out in nature, and
enjoy the
sunshine

Today I noticed.....

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Mindfulness

Today's Date: _ _ / _ _ / _ _

Have a 'no plans' day and notice
how that feels.



Today I noticed.....

.....



Mindfulness

Today's Date: __/__/__

'Slow breathing is like an anchor in the midst of an emotional storm: the anchor won't make the storm go away, but it will hold you steady until the storm passes.'

Russ Harris

Today I noticed.....

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Mindfulness

Today's Date: _ _ / _ _ / _ _



Eat mindfully.
Appreciate the
taste, texture and
smell of your food

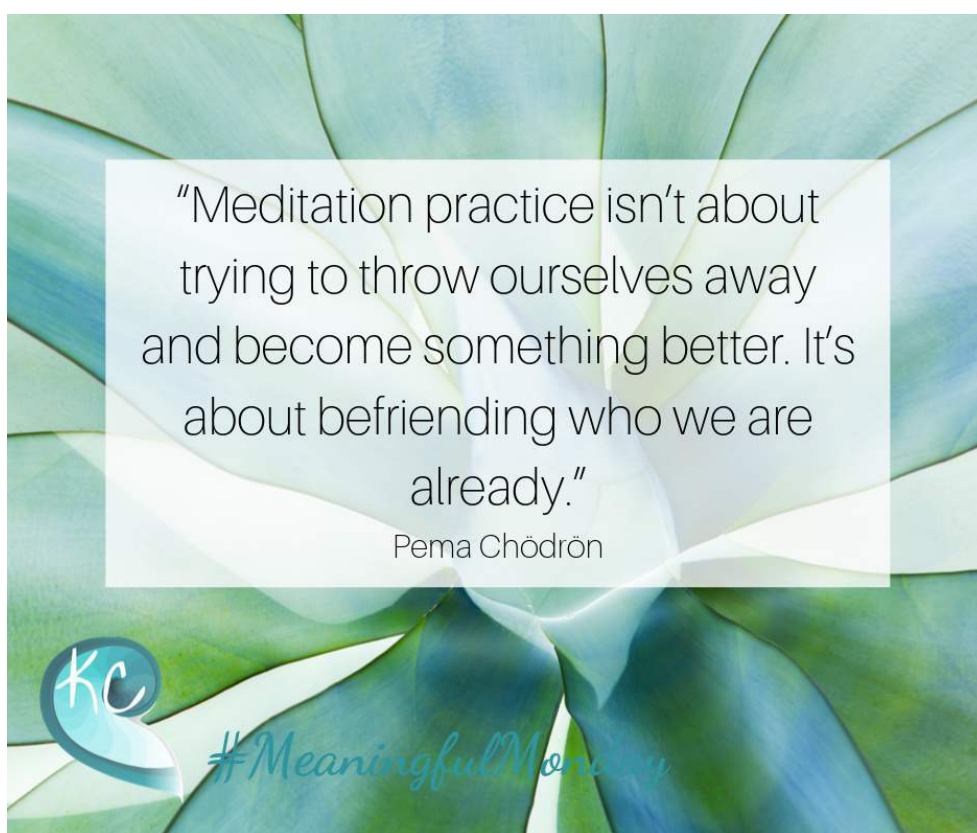
Today I noticed.....

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Mindfulness

Today's Date: _ _ / _ _ / _ _



Today I noticed.....

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Mindfulness

Today's Date: _ _ / _ _ / _ _



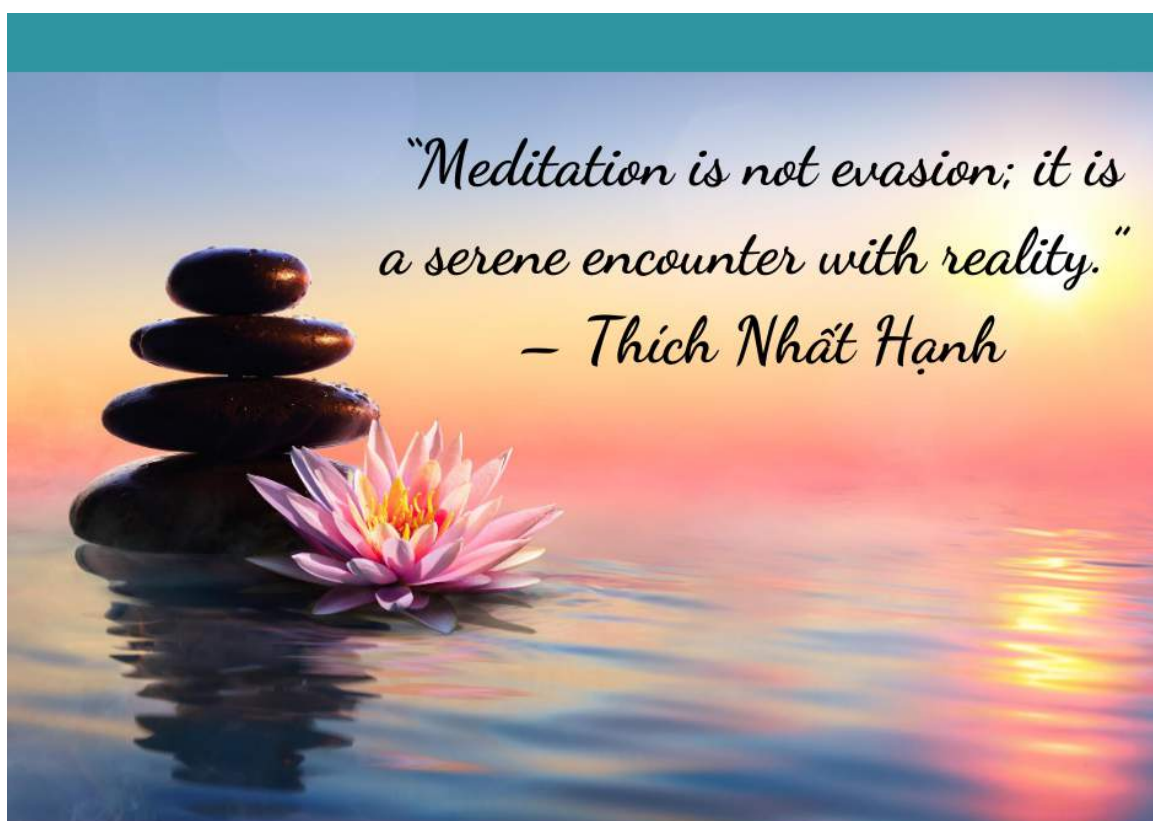
Today I noticed.....

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Mindfulness

Today's Date: _ _ / _ _ / _ _



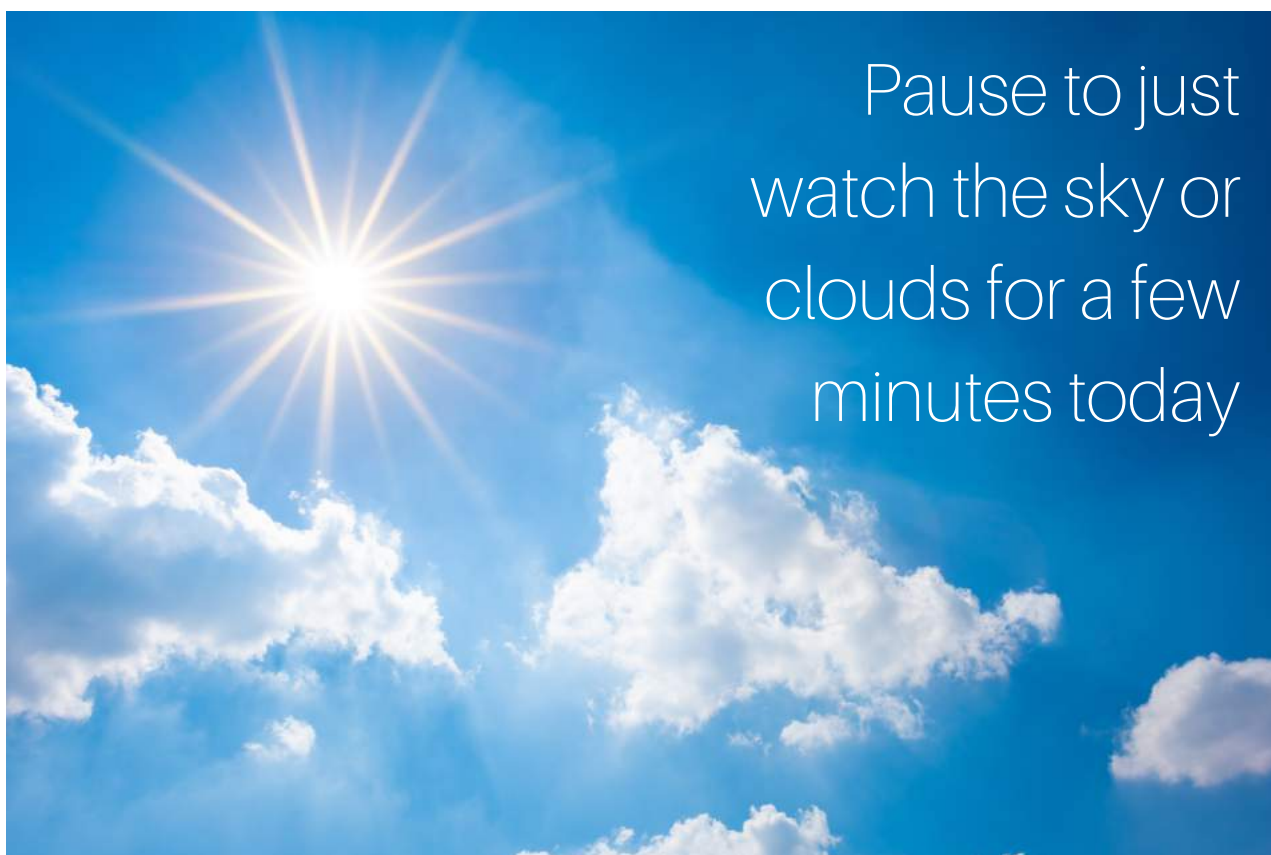
Today I noticed.....

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Mindfulness

Today's Date: _ _ / _ _ / _ _



Pause to just
watch the sky or
clouds for a few
minutes today

Today I noticed.....

.....



Mindfulness

Today's Date: __/__/__

Find ways to enjoy any chores or tasks
that need doing



Today I noticed.....

.....



Mindfulness

Today's Date: __/__/__



Get really absorbed with an interest or creative activity.

Today I noticed.....

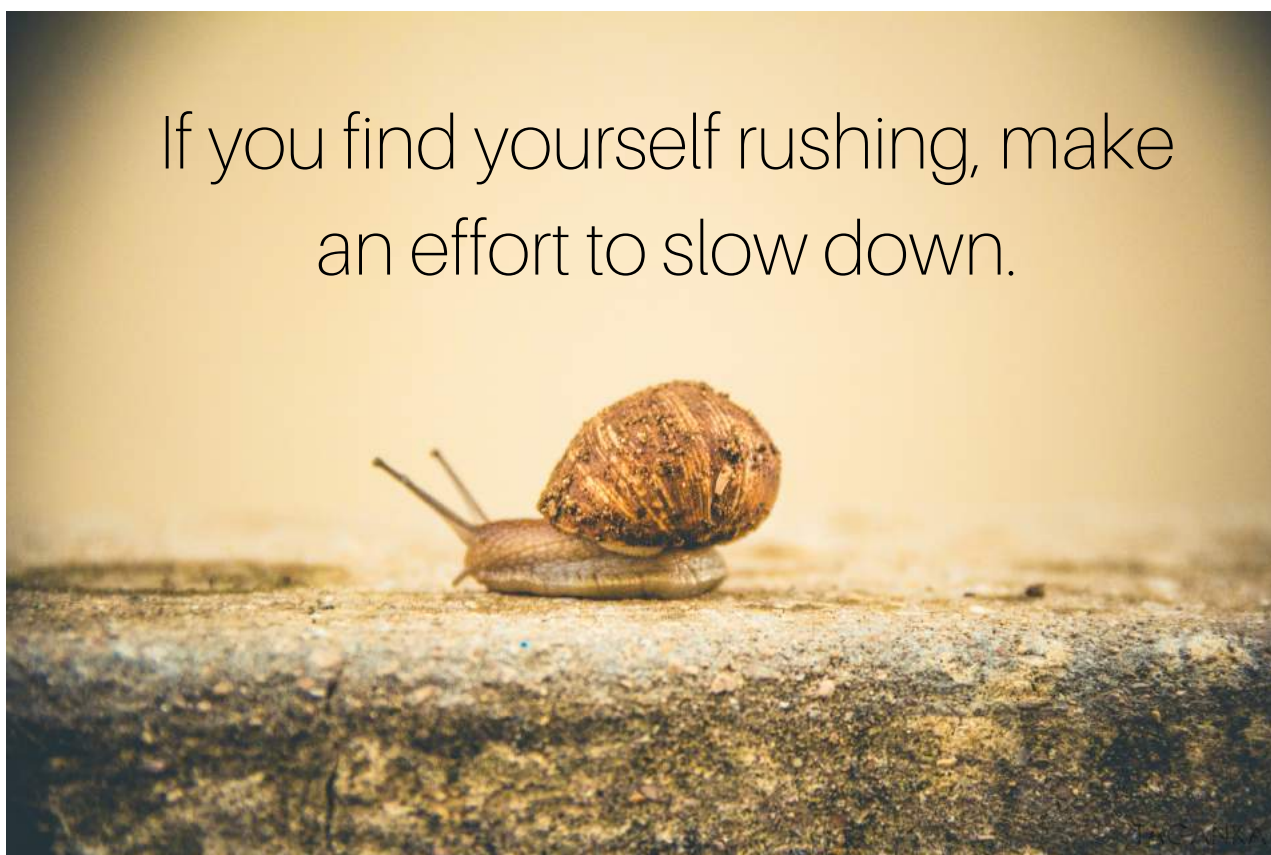
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Mindfulness

Today's Date: _ _ / _ _ / _ _

If you find yourself rushing, make
an effort to slow down.



Today I noticed.....

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Mindfulness

Today's Date: _ _ / _ _ / _ _



Cultivate a feeling of loving-kindness
towards others today

Today I noticed.....

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Mindfulness

Today's Date: _ _ / _ _ / _ _

Listen to a
piece of music
without doing
anything else.



Today I noticed.....

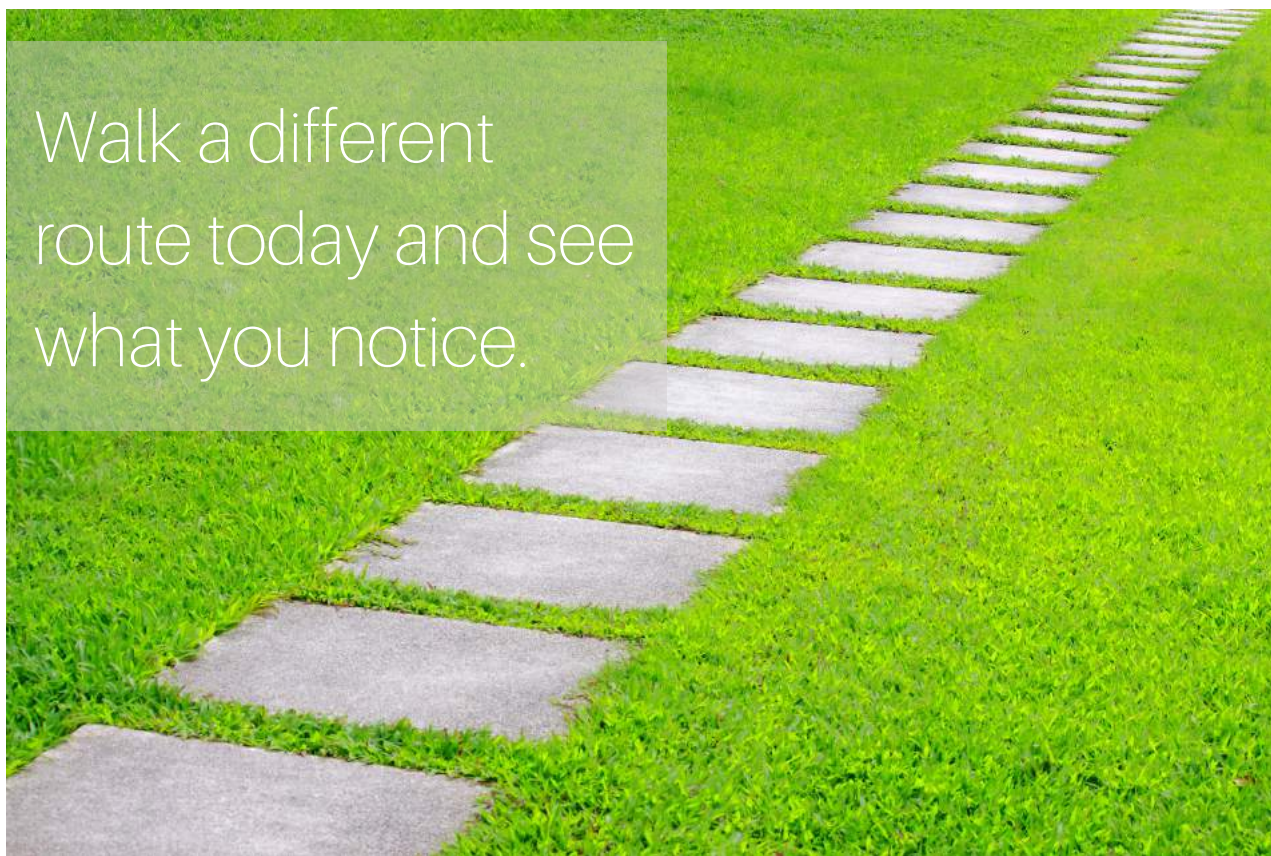
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Mindfulness

Today's Date: _ _ / _ _ / _ _

Walk a different
route today and see
what you notice.



Today I noticed.....

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Mindfulness

Today's Date: _ _ / _ _ / _ _

Get outside and
notice how the
weather feels on
your face



Today I noticed.....

.....



Mindfulness

Today's Date: _ _ / _ _ / _ _



Focus your
attention on the
good things you
take for granted

Today I noticed.....

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Mindfulness

Today's Date: _ _ / _ _ / _ _

Tune in your
feelings, without
judging or trying
to change



Today I noticed.....

.....



Mindfulness

Today's Date: __/__/__

Look up to the sky,
take a big breath.
Exhale.
Inhale.



Today I noticed.....

.....



Mindfulness

Today's Date: _ _ / _ _ / _ _



Appreciate your hands and all the things they enable you to do.

Today I noticed.....

.....



Mindfulness

Today's Date: _ _ / _ _ / _ _

Stay fully present
while drinking your
cup of tea or coffee



Today I noticed.....

.....



Mindfulness

Today's Date: __/__/__



Today I noticed.....

.....



Mindfulness

Today's Date: _ _ / _ _ / _ _



Today I noticed.....

.....



Mindfulness

Today's Date: _ _ / _ _ / _ _



Stop, breathe, and just notice.
Repeat regularly during the day.

Today I noticed.....

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Mindfulness

Today's Date: _ _ / _ _ / _ _



Notice what is
working today and
be thankful that
this is so.

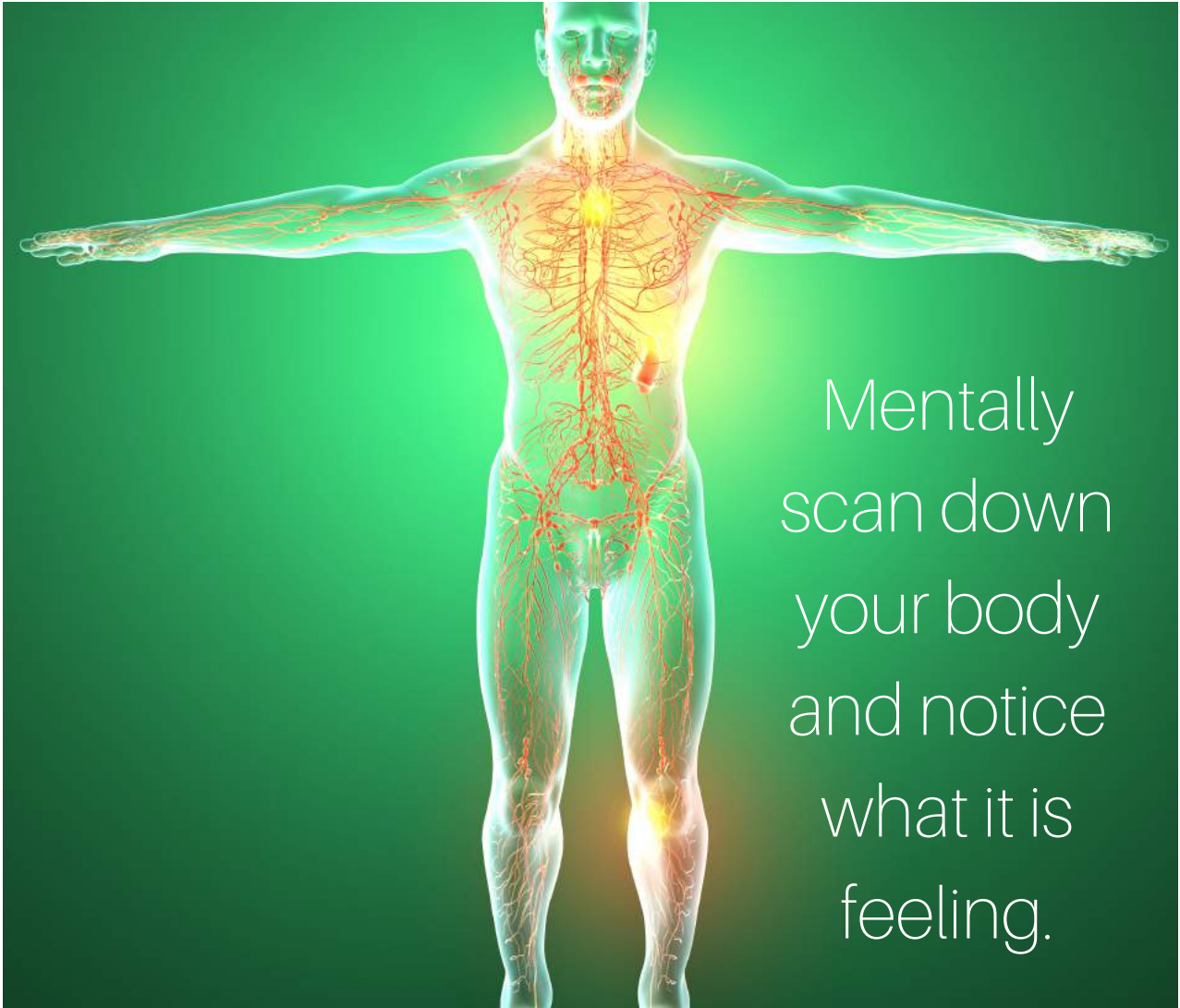
Today I noticed.....

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Mindfulness

Today's Date: _ _ / _ _ / _ _



Mentally
scan down
your body
and notice
what it is
feeling.

Today I noticed.....

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Mindfulness

Today's Date: _ _ / _ _ / _ _



Today I noticed.....

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Mindfulness

Today's Date: _ _ / _ _ / _ _



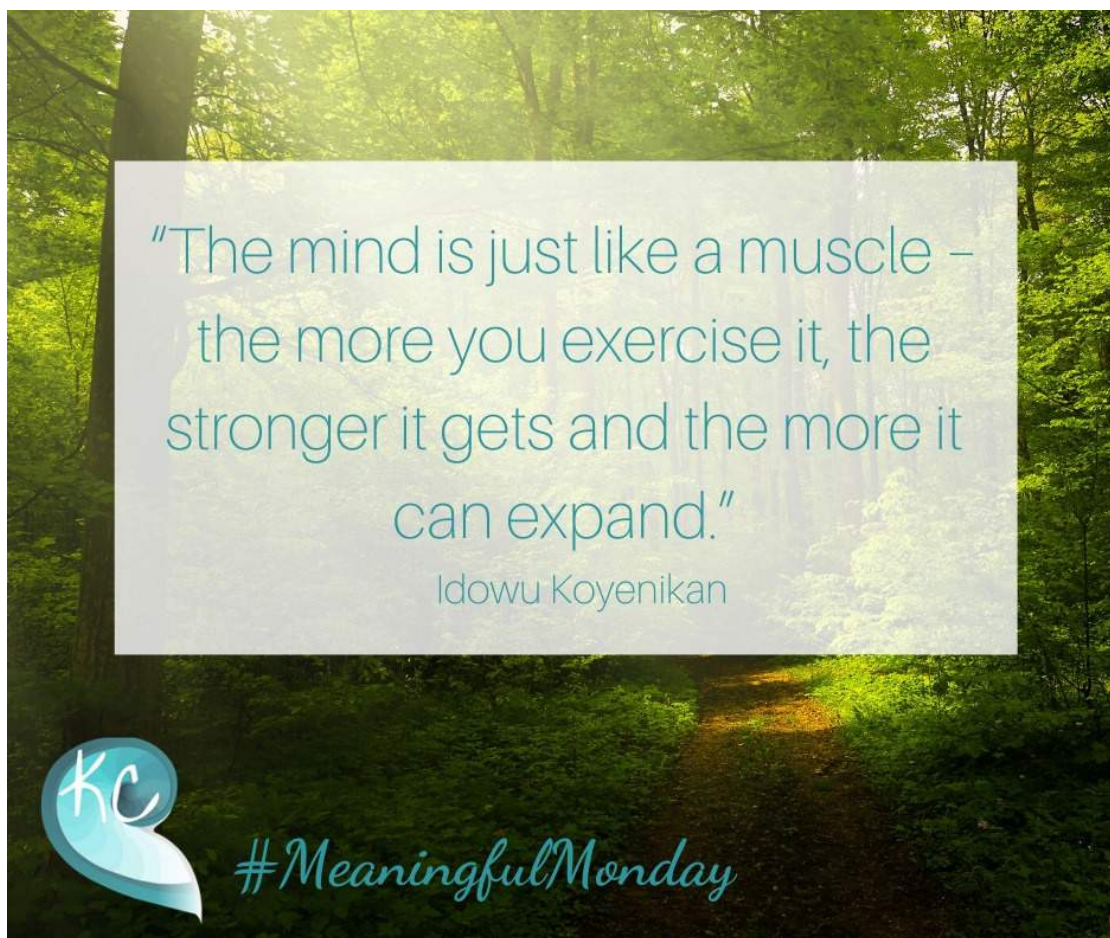
Today I noticed.....

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Mindfulness

Today's Date: _ _ / _ _ / _ _



Today I noticed.....

.....



Mindfulness

Today's Date: _ _ / _ _ / _ _

Mindfulness is a way of befriending
ourselves and our experience.

Jon Kabat-Zinn



Today I noticed.....

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Mindfulness

Today's Date: _ _ / _ _ / _ _

"Drink your tea slowly and reverently, as if it is the axis on which the world earth revolves – slowly, evenly, without rushing toward the future."

Thích Nhất Hạnh



#MeaningfulMonday



Today I noticed.....

.....



Mindfulness

Today's Date: _ _ / _ _ / _ _



Have a device-free day and enjoy the space it offers

Today I noticed.....

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