

You've Got Skills

Mindfulness

Take 5 minutes and go to a quiet space inside or outside your home. Sit in a chair or on the ground and place a coin on the ground as a focal point. Now draw your focus on the coin and begin to concentrate on the rise and fall of your breath.

If any thoughts, feelings or body sensations arise just notice them and allow them to come in and out of your awareness without trying to block them nor become consumed by them, but rather simply be an observer of them and gently return to your breath. Invite yourself to let go of distractions and unglue yourself from your judgments. If you notice any distracting feelings, thoughts or emotions, simply return to your breath, your focal point and your awareness of your 5 senses in the present moment.

Share your experience below.

In connecting with your 5 senses and the present moment, what did you become aware of?

When and if you became consumed by your thoughts, emotions or body sensations about the past or about the future, what shifts did you notice internally when you gently brought yourself back to your breath and the present moment?

Throughout your day and your week, I'd like you to continue to practice mindfulness. For example, being presently aware of the moment without judgment. Just notice. You can do so by staying grounded in the here-and-now through the use of your breath and your 5 senses and becoming the observer your thoughts, feelings and body sensations. Below is a checklist of suggestions you can try daily or in the weeks ahead.

- Walking Taking a shower Washing your hands Eating a meal While sitting
- Looking at the scenery around you Engaging with someone Making a cup of tea
- Aware of your body position Cleaning the house While driving Listening to music
- While interacting with your child, family member or partner While in nature

Describe an experience you became mindful of for each day this week.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Mindfulness in Relationships: This week stay away from the following statements or internal dialogue when interacting with your partner: **“fair” and “unfair,” “always” and “never,” “right” and “wrong.” “should” and “shouldn’t.”**

Focus on what works and act as skillfully in the situation you are in by reminding yourself that you have a choice of how you show up in your relationship and that you are responsible for keeping your side of the street clean.

This week when you are being triggered by your partner or are having a tense moment in your relationship become a mindful observer of your thoughts, feelings, body sensations and your 5 senses without reacting or responding to them, but rather become mindful and notice without being consumed by or avoiding them. Describe your experience below or on the back of this handout.