

Integrating Mindfulness - Daily Life

This week we will discuss what it means to develop mindfulness as a lifestyle. A strong mind-body connection helps increase awareness and focus during the daily hustle and bustle 24 hours a day, 7 days week. This connection gives increased ability to respond instead of react under stress.

Right Attitude

A change in your health condition may cause you to experience different aches, pains and can negatively impact your life in many ways. “It is important to remember that as long as you are breathing, there is always more right with you than wrong, no matter how ill or hopeless you feel” (Jon Kabat-Zinn). Practicing a mindful non-judging attitude will act as a complement to the medical treatments you receive. Paying attention to and pouring energy into what is going right for you will help to re-establish mind-body balance.

Right Mindset

Practicing mindfulness enables us to remove the veil of unawareness from our sense and thought processes. Doing so with a “beginner’s mind” enables us to be free of expectations and more open to new possibilities. Beginners mind allows you to accurately observe each situation and person with no agenda. This allows you to let go of your “expert” mind and see someone or something you are familiar with as they actually are.

Self-discipline and Commitment to a Regular Practice

By cultivating a plan to regularly explore the mind-body connection you can move towards greater well-being. Mindfulness is something you train for like athletes in training who practice daily whether they feel like it or not. Sticking to a practice of mindful self-compassion can decrease stress and depression as well as improve well-being, self-confidence, gratitude and happiness. With consistent practice, you can identify obstacles without criticizing yourself and maintain focus on the goal at hand.



Kabat-Zinn, Jon. *Coming to Our Senses: Healing Ourselves and the World through Mindfulness*. Hyperion, 2006.

Kabat-Zinn, Jon. *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. New York, NY: Pub. by Dell Pub, 1991.

Your Strategy for a Mindful Future

What would be a reason that could motivate you to practice Mindfulness on a regular basis?
You could write it down.

Try this eight-week schedule, after eight weeks continue under your own direction. Start with a practice you feel most comfortable with, make a plan that suits *you!* Breath awareness is something you can observe 24/7.

Weeks 1 & 2	<ul style="list-style-type: none"> 🕒 Breath Meditation 5-6 days week (3-10 minutes per day) 🕒 Body scan 6 days per week (5 - 20 minutes per day) <p>Both practices could add up to 10-20 minutes a day</p>
Weeks 3 & 4	<ul style="list-style-type: none"> 🕒 Breath Meditation (5-15 minutes per day) 🕒 Body scan alternating with mindful yoga 3-6 days per week (5 - 30 minutes) <p>Practice could add up to 15-30 minutes a day</p>
Weeks 5 & 6	<ul style="list-style-type: none"> 🕒 Breath Meditation (5-30 minutes per day) 🕒 Mindful yoga, could begin walking meditation <p>Practice could add up to 20-40 minutes a day</p>
Week 7	<ul style="list-style-type: none"> 🕒 Daily Breath Meditation and Mindful yoga (5-45 minutes per day) 🕒 Body scan at least once to twice week (5 - 45 minutes) <p>Practice could add up to 20-45 minutes a day</p>
Week 8	<ul style="list-style-type: none"> 🕒 Practice your own choice of methods, either alone or in combination (5-45 minutes per day 6-7 days week)

- 🕒 Practice every day, for at least 5-10 minutes
- 🕒 Meditation, even 5 minutes daily will help increase awareness and focus
- 🕒 “Aim” attention on your focus, gently return to the focus when distracted

“In the confrontation between the stream and the rock, the stream always wins, not through strength but by perseverance.”

— H. Jackson Brown Jr.

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