



B-FIT MINDFULNESS: What It Is and How to Do It

B-FIT Mindfulness

Core Concept

B-FIT Mindfulness is the practice of observing and accepting moment-to-moment experience through awareness of the Body Sensations, Feelings, along with Images and Talk thoughts (B-FIT). It cultivates the ability to notice body sensations, emotions, and thoughts without judgment—allowing us to respond rather than react. This awareness builds calm, clarity, and compassion, supporting both self-regulation and effective care.

How to Practice: The Basics

Pause and Notice	Gently shift attention inward to recognize what is happening in the body and mind.
Label	Label each element of experience as it arises: Body Sensation (B), Feeling (F), Image (I), or Talk (T) thoughts.
Return to Here-Now Awareness	Ground yourself in the present moment through breathing and observation. Also saying to yourself “Here, Now” is a great way to bring yourself back to the present moment.
Repeat Regularly	With practice, awareness becomes natural and continuous throughout daily life. It is only through enhancing self-awareness that one can develop the deeper skill set of emotional self-regulation, which is paramount in any job that involves working with and supporting others.

To support you with your learning, please check out the A Centre for Conscious Care website as there are many guided sits available for you to follow along with and grow in your skill set of B-FIT Mindfulness <https://centreforconsciouscare.ca/>.

Benefits of B-FIT Mindfulness

Research continues to demonstrate that the benefits of practicing mindfulness can positively impact one’s physical, emotional, and mental health. The practice not only can enhance one’s personal experience, but also strengthen a deeper understanding and connection with others as well.

Practicing mindfulness:

- Strengthens emotional and physiological regulation.
- Reduces anxiety, stress, and reactivity.
- Enhances concentration and clarity.
- Builds compassion and patience in care and leadership.
- Creates inner calm that radiates outward to others.

Key Insight

B-FIT Mindfulness is at the foundation of the Conscious Care & Support model. By noticing what is happening inside us, we learn to bring awareness, calm, and compassion into every moment of support or connection with others. Through consistent practice, mindfulness becomes not something we do, but who we are.

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