Entry #2

Mindfulness

1. What is mindfulness? Describe it as best you can.
2. What are the benefits of mindfulness?
3. How can we practice mindfulness in our daily lives?
4. How does focussing on being grateful affect us? What are you grateful for? Make a gratitude list.
5. Read the articles (highlight and/or underline key points) – use these to build a Mindfulness Toolbox. Write down specific tools we can use to be mindful, and explain how they work and why they are beneficial. Here are some tools to start with – add to and expand on them, based on what you learn from the articles.
   1. Deep, slow breathing – improves blood flow & oxygen to the brain, which has a calming effect and helps us focus.
   2. Focus on the present moment – helps us get into a state of flow. When the mind wanders, bring it back to the present moment by focussing on your breathing.
   3. Observe your thoughts; label them (know that you are not your thoughts); steer them in a positive direction.
   4. Think about what you are grateful for – helps us feel centered, and shift into a positive frame of mind. Also release endorphins, boosting our mood.
   5. Meditation – reduces stress & anxiety; improves focus, leads to greater levels of happiness in life.