Mindfulness for life
Mindfulness for Life

Who are we
Exercise 1: “I haven’t got a minute!”

Time... slips through my hands
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mind full or mindful?
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What is Mindfulness?

What are the Benefits of Mindfulness?

How does Mindfulness lead to Emotional Intelligence?

Ways to Improve Mindfulness.
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Mindfulness can be described as a moment by moment awareness of your thoughts, feelings and environment.

- the practice of maintaining a nonjudgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis.
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• Benefits of Mindfulness
  • Improved Mental Focus
  • Extend our Attention Span
  • Discourage Black-and-White Thinking
  • Assist in Staying Organized, Managing Time, and Setting Priorities
  • Lower wear and tear on our bodies
  • Toughen Immunity
  • Improve Mood and Emotional Wellbeing
  • Build Self Monitoring Capacity

Greater Frequency of Practice = Greater Benefits
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Exercise 2: Natural Mindfulness
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• Emotional Intelligence ability to recognize your emotions, understand what they are telling you and realize how your emotions affect people around you.
• Mindfulness is the foundation of Emotional Intelligence
  1) Self-Awareness
  2) Self-Regulation
  3) Social Skill
  4) Motivation
  5) Empathy

Are You Emotionally Intelligent? - YouTube
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– Improve Your Emotional Intelligence

Video on Improving your motional Intelligence
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Finding Gratitude

[Image]
Ways of Finding Gratitude

– Use a notebook to make a Gratitude Journal.
– Practice at a regular time each day.
– Be specific as possible, to understand the depth of your appreciation, makes it less superficial.
– Think of something that you feel grateful for today.
  • Something good someone did for you today.
  • A person in your life that you appreciate.
  • An activity or hobby you are grateful to be able to do.
  • A positive qualities of folks you interact with daily.
  • A skill or ability you have.
  • An item that you love.
  • Something that made you laugh.
  • What you have learned from something that was hard.
  • Something that surprised you.
60 second pause

- Mindful Minute, take 60 seconds to notice your breathing, bring your attention to your breath by counting in silence, let your attention stay focused on the experience. In the midst of a stressful situation, the pause will allow you to deal with what is going on around you and gather your thoughts to formulate a response, answer an email, or just continue on the task at hand.
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Mindfulness Starts Here