

# 5 TIPS FOR PRACTICING MINDFULNESS

## 1.) START SIMPLE

Start your practice by paying attention to a task you already perform regularly.



Example: At your next meal, pay attention to the flavors of not only your first few bites (the easiest parts of a meal to be mindful of) but several bites later.

## 2.) TRY JUST FIVE MINUTES



Neuroscience has revealed that even a brief meditation practice can cause important changes in our brains.

Example: Instead of forcing a long practice, start with a manageable time that will help you to establish a routine – perhaps 5 minutes a day?

## 3.) DO WHAT YOU ENJOY

To help make it a habit, pair your practice with what you are most motivated to do.



Example: If you enjoy walking each morning, try mindful walking as a starting point. If you spend lots of time outside, try being mindful of your breathing while enjoying the outdoors.

## 4.) PRACTICE FORGIVENESS



Focus on what is working well rather than what you have not done. When you do struggle, practice self-compassion.

Example: When you forget to practice, get lost in busy-ness, are inconsistent with your daily practice, or your mind wanders, forgive yourself.

## 5.) USE YOUR STRENGTHS

Consider how you can use your character strengths to overcome any obstacles in your way.



Example: If your top character strength is gratitude, when your mind begins to wander, try expressing gratitude for having a mind that notices the wandering.

FOR THE COMPLETE ARTICLE VISIT:

<https://www.psychologytoday.com/blog/what-matters-most/201509/how-practice-mindfulness-5-tips-no-one-has-told-you>

FOR ADDITIONAL INFORMATION CHECK OUT:

