

Mindfulness

Mindfulness is

- The act of becoming aware of your experiences
- Noticing what is going on around you and inside of you
- Acceptance of your emotions

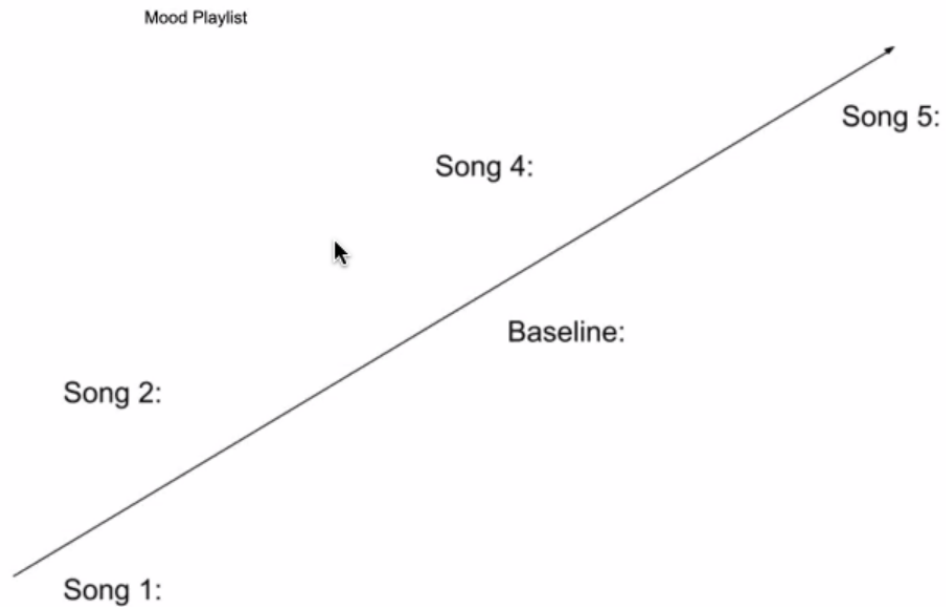
Mindfulness can be more than just sitting down and breathing! (Although it's ok if that is what you like to do!) Here are link to some guided meditation audio files that you can listen to to help practice mindfulness

- [Guided Body Scan](#)
- [Guided Meditation 1 Minute](#)
- [Guided Meditation 4 Minutes](#)
- [Guided Meditation 10 Minutes](#)

Mindfulness can come in many different forms and be applied to all different activities!

- Mindful eating
 - One of my favorite activities to practice mindfulness during is when I am making and drinking tea! I
 - [Guided Drinking Tea - 2 Mins](#)
 - We can also be more mindful when we are having meals. By doing this, we can take more enjoyment when we are eating as well as other health benefits!
 - [Raisin Exercise](#)
 - [8 Steps to Mindful Eating](#)
- Mindfulness does not have to be a sedentary activity. We can practice mindfulness when we are taking a walk. It can even be done indoors!
 - [Guided Mindful Walk - 15 Mins](#)
 - Rainbow Walk
 - Go on a walk around your home or neighborhood and see if you can find an object on your walk for every color of the rainbow.

- Self care can be incorporated into our mindful practice!
 - Facial massages can be a great way to take a few minutes in your day to cleanse and care for your skin.
 - <https://www.youtube.com/watch?v=jqKX-guFdXc>
- Guided Imagery
 - <https://www.youtube.com/watch?v=qcdbCphVa1g>
- Mood Playlist ([Link to Document](#))



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- Motivational Songs:
 - "Eye of the Tiger" Survivor
 - "Lose Yourself" Eminem
 - "I Lived" One Republic
 - "Hall of Fame" The Script
 - "I Will Survive" Gloria Gaynor
 - "Beautiful Day" U2
 - "Don't Stop Believing" Journey
 - "Stronger" Kanye West
 - "Here Comes the Sun" The Beatles
 - "Girl on Fire" Alicia Keys
 - "I'm Still Standing" Elton John
 - "Man in the Mirror" Michael Jackson
 - "We are the Champions" Queen
 - "Stronger" Kelly Clarkson