



# Mindfulness



AGRUPAMENTO DE ESCOLAS

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# INTRODUCTION

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Define the concept of mindfulness

Distinguish the concept of autopilot and mindfulness

Knowing how to use some relaxation techniques

Strategies for using mindfulness in everyday life

# Definition of Mindfulness

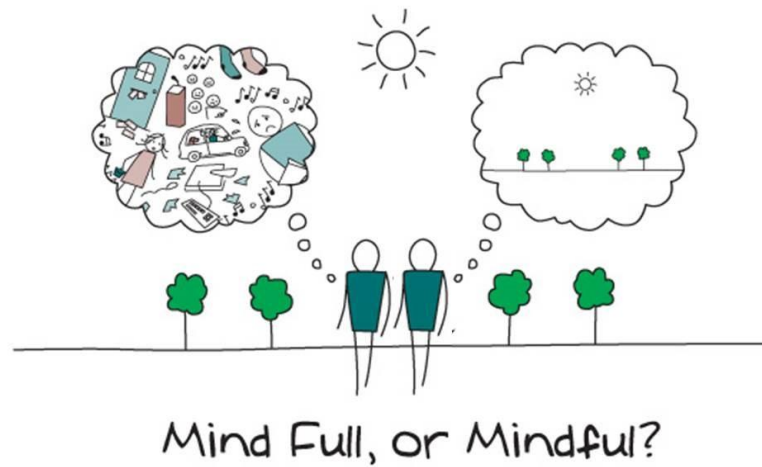
Mindfulness means "paying closer attention" in the present moment

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The goal of mindfulness is:

Getting a peaceful mind.

To do this it is necessary to train the mind, by focusing on a single point, a single stimulus, constantly and without interruptions.





## Which of these situations are you familiar with:

- Doing your everyday routine, like going to the supermarket, waiting for the bus, making dinner, and your thoughts are all around.
- Doing everything on autopilot without paying much attention to what you are doing
- Having difficulty on motivating yourself and finding your inner straight (anticipate drama, delay response, allow sadness to happen, share your emotions with others)
- Always rushing to get to your destiny
- Constantly judging yourself and others
- Constantly thinking about painful past situations
- Constantly feeling guilty

[https://www.youtube.com/watch?v=QTsUEOUaWpY&ab\\_channel=AboutKidsHealth](https://www.youtube.com/watch?v=QTsUEOUaWpY&ab_channel=AboutKidsHealth)



# Exercises

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**Exercise 1:** make a list of 5 questions to do to yourself and try to answer it every morning, at night, several moments a day, such as: How can I show that I love more; How can I be more grateful, How can I do better, what makes me feel good about myself....

**Exercise 2:** Think about 3 characteristics of your Ideal Self such as: *Present, Excited, Bold*

**Exercise 3:** Daily 3 G's journal – every morning write about: What you are grateful (Gratitude), What are your goals for the day? (Goals) and reflect on what good happened yesterday (Goodness) and then review at night



# Self-regulate your emotions

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So in order to be able to regulate our emotions we need to:

- Identify them. This means giving a name to what we are feeling, is it anger? Fear? Happiness?
- Express. This means we have to carefully think how we express these emotions. How do I react when I am angry? How does my body react to this/that feeling?
- Validate. Once I know what I am feeling and I know how I react to it, I can control it.
- Share your emotions with someone else, someone close to you. You can share/learn new strategies to cope with your feeling by simply talking to someone.
- Take care of yourself and your relations.
- Be kind to yourself, especially in your thoughts. “I can do this” “I can do better next time”
- Complement yourself, think positive things about yourself.
- Find support and ask for help.

**“Taking care of myself does not mean me first, it means me too”**





# Have your own Stress-Kit

Identify strategies that work for you

Find what helps feeling better with you inner you:

- A yoga class
- Watch a movie in the sofa
- Reading
- Listening to music
- Drawing
- writing a diary
- Breath deep
- Take a walk outside
- Swim
- (...)





# Positive Thinking

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[https://www.youtube.com/  
watch?v=m7cnRn2xqtI&ab  
channel=BrianTracy](https://www.youtube.com/watch?v=m7cnRn2xqtI&ab_channel=BrianTracy)





# 30 DAYS OF MINDFULNESS

1 5 min mindful foot rub with lotion	2 take a mindful shower	3 5 min mindful walk	4 pay attention to the sensations of giving a smile	5 pay attention to face of someone smiling at you
6 listen to a song mindfully	7 get out of bed mindfully	8 take two mindful bites of food	9 take two mindful sips of any beverage	10 get into bed mindfully
11 close eyes and listen to all sounds for 2 mins	12 chop or slice a vegetable mindfully	13 wash or rinse your dishes mindfully	14 in a sleeveless shirt, pay attention to air on skin for 2 mins	15 take 6 mindful slow breaths
16 massage your face, neck, and ears mindfully	17 non-judgmentally watch your thoughts come and go for 5 mins	18 do 10 jumping jacks and pay attention to the sensations of exertion	19 mindfully notice the next time you are self-critical	20 walk up some stairs mindfully
21 notice the sensation of a pleasant emotion in your body	22 notice the sensation of a unpleasant emotion in your body	23 do a neck roll and pay attention to the sensations	24 take two mindful bites of a piece of fruit	25 sit outside and pay mindful attention for 5 mins
26 wash your hands mindfully	27 take two mindful sips of the last beverage you drink in the day	28 repeat the day you found most challenging	29 wash your face mindfully	30 repeat your favorite day



# Conclusion

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[Mindfulness and meditation can help you with your everyday live](#)



[https://www.youtube.com/watch?v=hlWil4xVXKY&ab\\_channel=SoothingRelaxation](https://www.youtube.com/watch?v=hlWil4xVXKY&ab_channel=SoothingRelaxation)



# Be kind to yourself and one another

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