



INTRODUCTION TO

Mindfulness

A COMPLETE GUIDE

THIS GUIDE WILL GIVE YOU A COMPLETE OVERVIEW OF THE PRACTICE OF MINDFULNESS AND TIPS AND PRACTICES TO INTEGRATE IT INTO YOUR DAILY LIFE, EVEN IF YOU HAVE LITTLE TIME OR NO EXPERIENCE.



Mindfulness is...

the practice of being fully present and engaged in the moment. It involves paying attention to our thoughts, feelings, and surroundings without judgment, and without attachment.





Mindfulness is not:

- a religious practice
- synonymous for meditation
- the act of not thinking at all
- just being passive
- something you can only do sitting or in a quiet place





5 FORMS OF MINDFULNESS

As mentioned earlier, mindfulness basically means being aware of the present moment, focused on the task at hand and observing a situation, emotions, and sensations without judgment or attachment to them.

As a result, mindfulness can be practiced in a number of different ways. Mindfulness is not synonymous with meditation - however, meditation can be a good starting point to practice mindfulness for newbies, as it makes it somewhat easier to focus and get into a state of mindfulness.

But there are multiple ways of practicing mindfulness. Since everyone is different, different types might work better for different people. Find your pick and give it a go :)

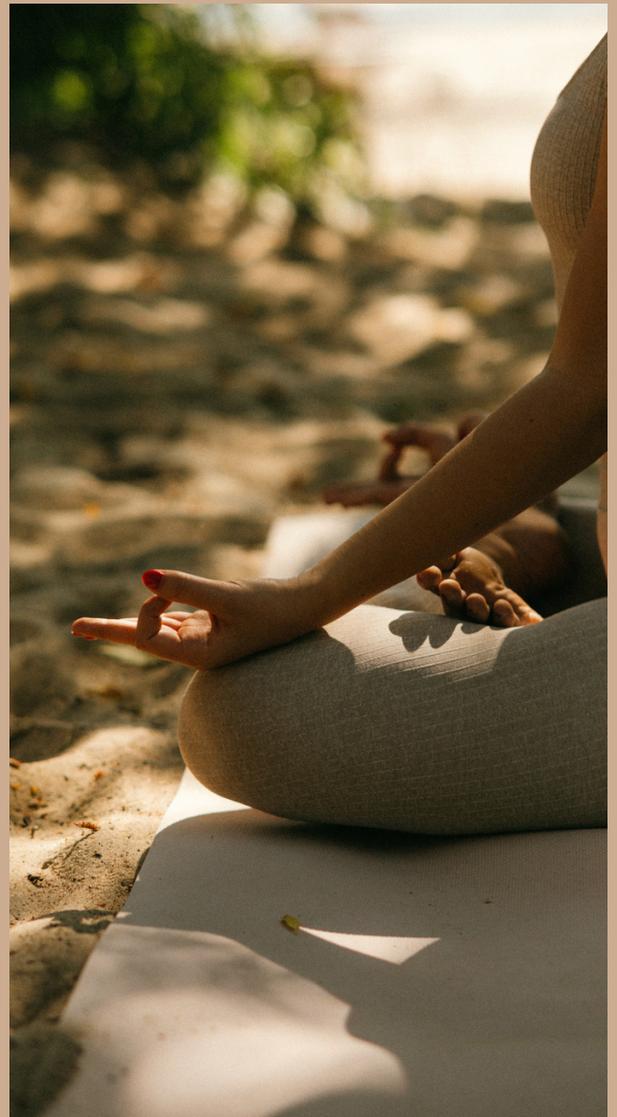


5 FORMS OF MINDFULNESS: 1. MEDITATION

Meditation

Meditation and mindfulness are not synonymous, however, meditation can be used as a tool for practicing mindfulness. It may be a good starting point for mindfulness newbies, as it can make it easier to focus on one thing - i.e. sitting quietly and breathing - in the beginning.

Just as there are different types of mindfulness, there are also different types of meditation. Below I outline three of my favourite meditation practices, that anyone can do, even if you have no experience in meditation or very little time.





MEDITATION PRACTICE 1

One breath is a meditation

"One conscious breath in and out is meditation."

- Eckhart Tolle

And this really struck me. Because it's so true. So, if you really, truly have no time, the first meditation practice is this:

4x a day stop yourself from what you're doing for 20 seconds

- this can be right after waking up, on your way to work, in your lunch break and right before you go to bed.

1. Exhale.
2. Take a deep breath in through the nose, notice your chest rising.
3. Hold for a count of 4 - 3 - 2 - 1 -
4. Open your mouth, exhale until completely empty.
5. Resume your day.



MEDITATION PRACTICE 2

"Just Be" Meditation

We love this meditation because it is simple, straightforward and effective: stop doing, start being.

How to practice "Just be":

Find yourself in a comfortable seat: this can be on the floor before or after your yoga practice; it can be at your desk or even on the subway.

1. Sit up straight and rest your hands on your thighs.
2. Focus your eye gaze in a spot about 50 cm in front of you.
3. Keep your eye gaze relatively focused and steady.
4. Take note of your breath: how does your natural breath feel moving through the body?
5. After about 1 minute, close your eyes.
6. Again, take note of how you're feeling; breath and body.
7. What difference do you notice between eyes open and closed?
8. To end your "Just be" practice, take 3 breaths in through the nose and slowly, fully exhale through your mouth.

Now open your eyes.



MEDITATION PRACTICE 3

Candle-Gazing

Another of our favourite meditation practices. All you need for this one is a tea-light or a candle, and a timer.

How to practice candle gazing:

Find yourself in a comfortable seat; ideally in your home, away from distractions. You can play soft music, dim the lights, or light some incense, if you like. Phones are allowed for your timer / music ;)

- Sit up straight but comfortably, rest your hands on your thighs.
- Place the candle about 50 cm in front of you.
- Set your timer for 3-5 minutes. Increase the time once you're more comfortable.
- Now focus your eye gaze on the flame in front of you and keep your gaze focused and clear.
- If you notice your vision become blurry, re-focus your gaze.
- If you notice any thoughts entertaining your mind, bring your attention back to the flame of the candle.
- After a while, close your eyes. Notice the difference between eyes open and closed.
- Stay with your eyes closed until you hear your timer.



5 FORMS OF MINDFULNESS: 2. BODY SCAN

Body Scan

A body scan can be another good way to start a mindfulness practice. It involves moving through every part of the body, noticing any tension and releasing it without judging the sensations.

For some, body scans may be easier to practice than meditation because of the connection to the physical body.





PRACTICING THE BODY SCAN MEDITATION

How to practice your body scan meditation:

I recommend lying down on a yoga mat or in your bed. Start with placing your attention on your feet and moving up along every part of your body.

With every inhale, focus on one body part, and with every exhale actively release any tension you may hold. You can even tense the muscle or body part for a moment as you focus on it and then actively relax that body part with your exhale.

Another way to practice your body scan is by moving through each body part and saying in your mind: "My feet are completely relaxed. My ankles are completely relaxed. My calves are completely relaxed." and so on for the rest of the body.

As you become more comfortable practicing your body scans, you can do these in simple yoga poses, such as child's pose, or in a seated position, too.



5 FORMS OF MINDFULNESS: 3. MINDFUL MOVEMENT

Mindful Movement

Mindful movement can be any kind of movement that you're fully aware of and that brings your focus to the present moment.

Yoga is a powerful tool for mindful movement in which we focus on synchronising each movement with an inhale or exhale. The sun salutations are a perfect way to start.



Another way to move mindfully is to take a walk outside. Notice your footsteps, the ground underneath your feet. Notice the air on your face and any smells that might surround you.



PRACTICING MINDFUL MOVEMENT

Mindful Movement Practice

Here is a quick and simple yoga flow for you to try at home. Repeat the one-sided poses on both sides and take 5 breaths in each pose.





5 FORMS OF MINDFULNESS: 4. MINDFUL EATING

Mindful Eating

Mindful eating involves paying close attention to the taste, texture, and sensations of eating, without distractions like phones, Netflix, or your work laptop.

By the way: this is also a great tool for weight management! It takes our stomach 20 minutes to register to our brain that it is full. By eating mindfully, we give our bodies time to send us this signal, which can help us control our portions better and develop improved body awareness.





5 FORMS OF MINDFULNESS: 4. MINDFUL EATING

How to practice mindful eating

- Create a peaceful environment for your meals, away from televisions or other obvious distractions. Make sure you're seated comfortably.
- Take small bites and chew each bite about 20 times.
- As you do, focus on the taste, the smell, and the texture of your food.
- You can even name one or two tastes that you can distinguish.





5 FORMS OF MINDFULNESS: 5 MINDFUL COMMUNICATION

Mindful Communication

Be mindful with the words, responses, and reactions you choose toward others and toward yourself. Communicate from an intention of compassion.

Note: Who do you talk to the most? You might now say your partner or best friend. But no. The one we talk to the most is ourselves. Be mindful of the communication you have with yourself. Only from a place of non-judgment and compassion for ourselves can we bring this onto others.





5 FORMS OF MINDFULNESS: 5. MINDFUL COMMUNICATION

How to practice mindful communication:

We recommend starting with mindful communication with yourself first. Notice the conversations going on inside your head. Any time you automatically fall into a pattern of negative self-talk, catch yourself. Take a breath and replace this with positive and compassionate self-talk.

Instead of:

- I can't do this
- I am not good enough
- I am stressed

Try:

- I will do this
- I am enough
- I am calm and clear

Once this kind of compassionate self-talk becomes easier, practice it toward others. Listen, when someone speaks. Pay full attention to them without checking your phone or running through your to-do list in your head. Before responding, be mindful of any judgment or biases, and respond with compassion and kindness.



5 MINDFULNESS PRACTICES YOU CAN PRACTICE DAILY:

- 1) Stop multitasking**
- 2) Mindful movement**
- 3) Mindful mornings**
- 4) Daily mini-meditations**
- 5) Keep Going**

Remember, "mindfulness" is defined as "the quality achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations."

Basically, anything you do while being aware of the moment, what you are doing and how you are doing it, is mindfulness.

Since it's easy, however, to get lost in our day to day tasks, this guide will provide some simple mindfulness practices that anyone can do, even if you have very little time!



DAILY MINDFULNESS WORKSHEET

Every day, pick one thing (riding the bus, eating your lunch, brushing your teeth, etc.) and do just that - nothing else.

Fill out the worksheet below to reflect on your mindfulness practice:

- **What was today's mindfulness task?**

- **What feelings came up when you did only that task? Did you feel frustrated, impatient? Light, relieved?**

- **What did you notice about your surroundings?**



Well done for coming this far! All that's left to do is keep going :)

If you have any questions at all, please feel free to reach out:



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THANK YOU FOR BEING PART OF THIS
COMMUNITY!
MAY THIS GUIDE HELP YOU FIND

mindfulness

