Words of Wellness

March 2016

MINDFULNESS

by Sandra Fourier, Rob Woodburn, and Eileen Anderson

Mindfulness is remembering to be present in the moment, learning to relate to our thoughts and our feelings in a way that goes against the grain of our conditioning. It is a way of unbecoming what we are not. www.everyday-mindfulness.org/what-is-mindfulness-2/

6 Mindfulness Exercises You Can Try Today

1. **One minute breathing:** This exercise can be done anywhere at any time, standing up or sitting down. All you have to do is focus on your breath for just one minute.
2. **Mindful Observation:** Pick a natural organism within your immediate environment and focus on watching it for a minute or two. This could be a flower or an insect, the clouds or the moon.
3. **Touch points:** Think of something that happens every day more than once, something you take for granted, like opening a door for example. At the very moment you touch the door knob to open the door, allow yourself to be completely mindful of where you are, how you feel and what you are doing
4. **Mindful Listening:** The idea is to just listen and allow yourself to become fully entwined with what is being played/sung, without preconception or judgment of the genre, artist, lyrics, instrumentation or its origin.
5. **Fully experience a regular routine:** Take a regular routine that you find yourself "just doing" without really noticing your actions. For example, when cleaning your house, pay attention to every detail of the activity.
6. **A Game of Fives:** In this mindfulness exercise, all you have to do is notice five things in your day that usually go unnoticed and unappreciated. These could be things you hear, smell, feel, see, or taste.

Go to the following website for more in-depth tips www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/

ID: 70585, Published in *The New Yorker* May 24, 2004

Websites:

www.wisebrain.org
great articles on the brain and neuroscience

www.mindfulness-solution.com
free meditations to download

www.sittingtogether.com free meditations

www.wildmind.org free meditations

Mindful Eats:

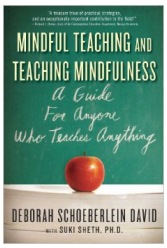
Avocado, Tomato and Hummus Sandwich

Ingredients:
1 medium ripe tomato
1 ripe avocado
hummus
2 slices of your favorite whole grain bread

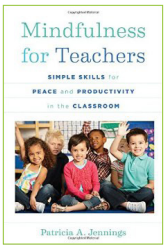
1. Slice the tomato in half, than slice into rounds.
2. Slice the avocado in half around the seed. Twist the avocado so that it breaks cleanly in two, and reserve the half with the seed. This can be kept in the refrigerator for a day - the seed is an antioxidant and will keep it from browning. Take the other half and slice into thin wedges.
3. Slather one piece of bread with hummus.
4. Arrange the avocado over the hummus then the tomato
5. Top with the other slice of bread

www.mindfuleats.com/mindfuleats/recipes/

Books:



Mindful Teaching and Teaching Mindfulness
by Deborah Schoeberlein David



Mindfulness for Teachers
by Patricia A. Jennings