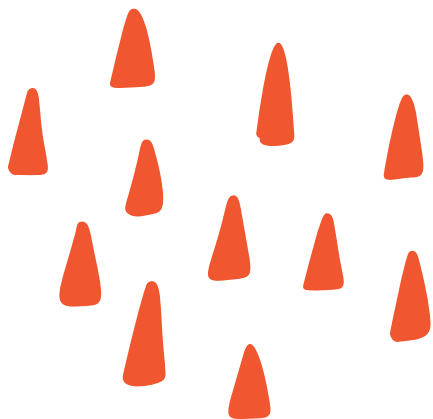


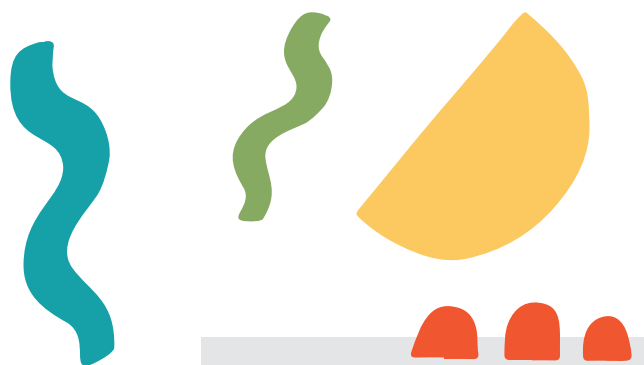
How to Practice Mindfulness¹



- 1.** Take a couple of minutes to notice your breathing. Sense the flow of the breath, the rise and fall of your belly.
- 2.** Notice what you are doing as you are doing it and tune into your senses. When you are eating, notice the colour, texture, and taste of the food.
- 3.** When you are walking, tune into how your weight shifts and the sensations in the bottom of your feet. Focus less on where you are headed.
- 4.** Don't feel that you need to fill up all your time with doing. Take some time to simply be.
- 5.** When your mind wanders to thinking, gently bring it back to your breath.

- 6.** Recognize that thoughts are simply thoughts; you don't need to believe them or react to them.
- 7.** Practise listening without making judgments.
- 8.** Notice where you tend to zone out (e.g., driving, emailing or texting, web surfing, feeding the dog, doing dishes, brushing teeth). Practise bringing more awareness to the activity.
- 9.** Spend time in nature.
- 10.** Notice how the mind likes to constantly judge. Don't take it seriously. It's not who you are.

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¹ Reproduced from Smith, M. A. (2013). What's the buzz about mindfulness? *Visions Journal*, 7(4), 26-28. Retrieved from <https://www.heretohelp.bc.ca/visions/wellness-vol7/whats-the-buzz-about-mindfulness>



This information can also be found in *Mindfulness-Based Programs for Marginalized Youth: A toolkit for youth workers*. Check it out on YouthREX's Knowledge Hub to learn more!