
Mindfulness

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In these unprecedented times, mindfulness meditation can offer great support.

“Mindfulness can be thought of as moment to moment, non-judgmental awareness, cultivated by paying attention in a specific way, that is, in the present moment, non-reactive, non-judgmental, and as open-hearted as possible.” - Jon Kabat-Zinn

These simple practices can be beneficial in a wide array of areas such as:

- Learning to relate directly to our mind, thoughts, emotions, and behaviors that can lead to stress.
- Increased patience and tolerance for self and others.
- Reduction of stress and negative thought patterns.

Activities:

Here are five simple activities you can do instantly to practice mindfulness:

1. Mindful Walk – Take a mindful walk in nature and become aware of your surrounding environment. Draw your attention to the various textures and feelings of your experience.
2. Mindful Shower – Next time you shower, begin to draw your attention simply to the feeling and experience of the shower. Notice the temperature of the water, the sensation on your skin, and the overall experience of self-care.
3. I Spy – Become aware of 10 circles, 10 squares, and 10 triangles currently in your view. Take in your surroundings and find the various shapes, focusing your attention and single mindedness in a non-judgmental way.
4. Driver Seat Meditation – Take the opportunity whenever you enter or exit your car to mindfully transition to your next destination. Take three to five minutes in silence to allow yourself to engage in the present moment.
5. Token for Today – Find a token, symbol, a special ring, prayer card, or lucky coin that is a representation and reminder of the present moment. Carry it around and feel for it throughout your day to ground you in the present moment of peace and tranquility.

Here are some helpful tools that can get you started on your journey.

- Meditation Bell/Timer – An easy, calming sound to alert you during meditations.
- Meditation Cushion – A seat designed for formal meditation practice.
- Guided Meditations – Various meditations recorded for all levels of meditators.

Other Resources:

Tarabrach.com – Great meditation teacher who offers free online streaming of various meditations.

Jon Kabat-Zinn – Often referred to as “the father of mindfulness.” Has written many books and guided meditations, and offers various professional trainings.

Opencenter.org – An organization that offers a wide array of different trainings, seminars, and mindfulness practices online and on location.

eOmega.org – A retreat campus in Rhinebeck NY, that holds online, as well as weekend and weeklong trainings.
