

MINDFUL



Meditation means to pay attention to your thoughts, feeling, body, breath, or to connect with one of your senses for the length of time that you choose.



Interpretation is about directing your attention to the positive, not just the negative. See the good.



Be Nonjudgmental. Our minds typically turn to judgment. Within your meditations, just recognize any judgment you may have.



Discover more about yourself and the world around you. Be child-like and enjoy having a fun sense of awe & wonder.



Forgive yourself for the mistakes you've made. Then learn to forgive others. Try taking a deep breath, and as you breathe out, gently say, "let go."



Urge surfing is the act of noticing when you have an urge to do something and deciding to just watch that urge rise up and fall, instead of habitually fulfilling your desire.



Love & Look after yourself. Looking after yourself with sufficient sleep, exercise, socializing, and meditation are all necessary for functioning. This is essentially the practice of self-compassion.