

Mindfulness

It takes practice to be intentional.

Catastrophizing, making hasty conclusions, and all-or-nothing thinking can hinder our ability to remain present. Our thoughts significantly affect our emotions and reactions, making it essential to evaluate our perceptions.

By learning to use a mindful moment, we can see alternative ways of thinking about a problem. This can help us respond to situations in a healthy way. We can learn to think and act with intention.

What can I do to be mindful?

- Assess the issue and classify it based on its urgency – is it significant or minor?
- Take time to journal and reflect on your writing.
- Be mindful of the physical signals your body sends, such as tension or discomfort.
- Take a moment to pause before responding.
- Eliminate distractions from your surroundings when things become too overwhelming.

Tip: Try a body scan.

Begin at the top of the head. With your eyes closed, observe any sensations as you bring your attention down the full length of the body.