

Mindfulness.

Mindfulness is popular, maybe because it is enjoyable and it works well.

The most popular exercise.

The most popular exercise is to describe something you eat without using any judging words like good, bad, nice, nasty. So you can say an apple is red, white inside, tastes sweet, is crunchy, makes a loud noise when you bite it, but not that it is nice or good. It's an interesting exercise!

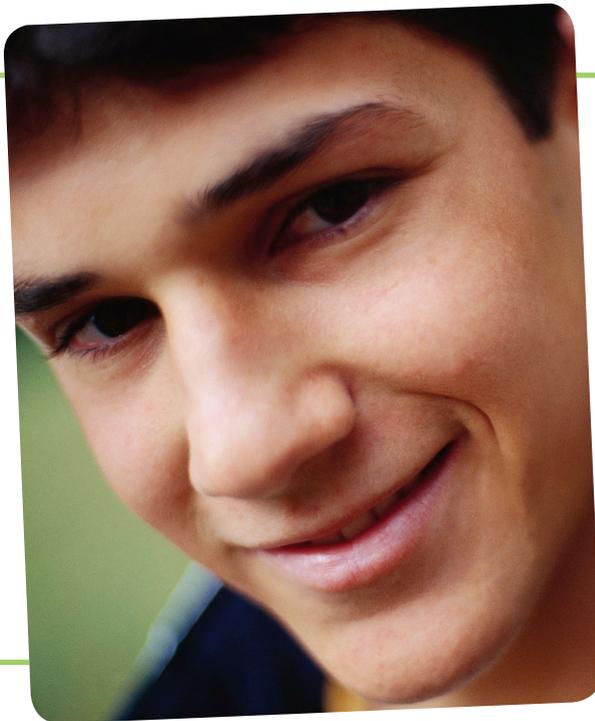


Mindful breathing.

Then you can do the same with your breathing: describing your breathing and how it feels, without saying it is good bad or anything else judging. When you are doing this, you are doing mindful meditation! You need to focus on your breathing to do it though.

It helps with difficult emotions.

Finally, you can describe your emotions without saying whether they are nice or nasty. So you can be happy sad relaxed or worried without saying these are good or bad. Describing our emotions without judging them means we don't make unpleasant emotions worse.



Practice makes perfect.

So the basics of mindfulness are enjoyable and effective, and you can practice them daily, even two or three times a day. Because they are enjoyable and effective means it makes sense to do just that.

In-session discussion.

Have you ever done anything like mindfulness before?

Projects.

The project is to practise mindfulness in which ever of the ways above you want to.

Mythbuster.

Doing Mindfulness is really difficult.
Not true.

Mindfulness is an easy and natural thing to do. It's fun and it works well.