

How to practice Mindfulness:

The purpose of this exercise is simply to notice, accept and be aware of your breathing.

- ❖ Sit quietly in a chair with both feet on the floor and your hands on your skirt. Take all your attention to the physical act of breathing. You will begin to notice breathing as air enters your body through your nose and reaches your lungs. Watch curiously if the inlet and outlet breaths are fresh or hot, and where the breathing moves when you go in and out.
- ❖ Also watch the breathing, when the lungs relax and when they inhale through the nose. Don't try to do anything with your breathing- just notice it, pay attention.
- ❖ Be aware of the physical sensations of breathing during inhalation and exhaling.
- ❖ If you find that they present intrusive thoughts, this is fine. Don't worry, just look at the thoughts and gently bring your consciousness back to breathing.

For questions or concerns, discuss it with your doctor.

Educational Links (English):

- ❖ <http://www.mindful.org/meditation/mindfulness-getting-started/>
- ❖ <https://www.psychologytoday.com/basics/mindfulness>
- ❖ <http://www.helpguide.org/harvard/benefits-of-mindfulness.htm>
- ❖ <http://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/>



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Educational Booklet: Mindfulness

For the past 30 years, the practice of Mindfulness or Full Attention has been integrating into western medicine and psychology. Mindfulness has been recognized as a way to reduce stress, increase self-awareness, reduce physical and psychological symptoms associated with stress and improve overall well-being.

Mindfulness means consciously paying attention to the experience of the moment in the first moment with interest, curiosity, acceptance and more importantly without making judgment.

This type of attention allows us to learn to relate directly to what is happening in our lives, here and now, in the present moment. It is a way to become aware of our reality, giving us the opportunity to consciously work with our stress, pain, illness, loss or with the challenges of our lives.

Mindfulness helps us to regain our inner balance, taking integral care of the aspects of the person; body, mind and spirit. The practice of this attention opens the door to new possibilities, it brings us here and now, invites us to live a life in a full way and in the present.

Benefits of the Practice of Consciousness Plena

- ❖ Be in the present, in the here and now.
- ❖ Observe unpleasant thoughts and sensations as they are.
- ❖ Create conscience of what is being avoided.
- ❖ Connection with oneself, with others and with the world around us.
- ❖ Increased wisdom of judgments.
- ❖ Increased self-awareness.
- ❖ Less negative reaction to unpleasant experiences.
- ❖ Less identification with thoughts.
- ❖ Recognition of constant change (thoughts, emotions and sensations that come and go).
- ❖ Greater balance, less emotional reactivity.
- ❖ Greater calm and peace.
- ❖ Greater acceptance and compassion of self.

What are some examples of mindfulness exercises?

Full Observation:

One of the most important concepts of mindfulness is the intense ability to concentrate in a single instant, in order to release our thoughts and keep as little as possible. Full observation consists of pinning our gaze and thought on an object, focusing all our attention on that element to create a mental scenario formed by us and the object in question. This exercise will help us to facilitate the concentration on the small daily things of our routine, living them more intensely. Gradually, we will develop this capacity in different areas.

Awareness of our feelings:

This exercise is very important because it gives us the ability to know and analyze our emotions. In a relaxed position and with our eyes closed we will be thinking about people from our nearest environment and in past situations, present or future. Tension, sadness, joy, a smile, anger, a tearing... any gesture of our body that provokes these thoughts must be studied conscientiously, for it is the basis of our own emotions.

The power of breathing:

Breathing is paramount to achieving the desired meditation, concentration and relaxation. Spend five to ten minutes a day discovering the emotional benefits of this simple act. It releases and relaxes creating a context free of negative sensations. Enjoying breathing is basic to controlling our mind and body.

How to practice body exploration

The purpose of this exercise of body exploration awareness is simply to realize your body. It is not necessarily about relaxing your body; however, this can occur as an effect of exploration. It is simply to try to be aware of your body, in the present moment.

1. It is important to create an environment suitable for Conscious Meditation. Find a quiet place.
2. Sit or lie down with your back straight but not stiff. Make sure you're comfortable.
3. Rest for a few moments, paying attention to the natural rhythm of your breathing.
4. Once your body and mind resolve, become aware of your body as a whole. Pay attention to your resting body.
5. Start focusing your attention on different parts of your body. It goes through a sequence: toes, feet, legs, pelvis, abdomen, lower back, upper back, chest, shoulders, arms to toes, neck, different parts of the face and head.
6. For each part of the body observe for a few moments the different sensations, while concentrating.
7. The moment you notice that your mind has been distracted, it returns your attention to the part of the body that last remembers.