



MINDFULNESS

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Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us



The Types of Mindfulness Practice

While mindfulness is innate, it can be cultivated through proven techniques.

Here are some examples:

1. Seated, walking, standing, and moving meditation (it's also possible lying down but often leads to sleep);
2. Short pauses we insert into everyday life;
3. Merging meditation practice with other activities, such as yoga or sports.

The Benefits of Mindfulness Practice

- reduce stress,
- enhance performance,
- gain insight and awareness through observing our own mind
- increase our attention to others' well-being.
- approaching our experience with warmth and kindness—to ourselves and others.

8 Facts About Mindfulness

one Mindfulness is not obscure or exotic.

two Mindfulness is not a special added thing we do.

three You don't need to change.

four Mindfulness has the potential to become a transformative social phenomenon.

five Anyone can do it.

six It's a way of living.

seven It's evidence-based.

eight It sparks innovation.

How to Practice Mindfulness

observe your thoughts and emotions and explore why those specific ideas might be surfacing. To cultivate acceptance, avoid judging or pushing away unpleasant thoughts. Emotions are natural and everyone has them—acknowledging them can help you understand yourself better and move forward.

Activity

I need something fragrant, something heavy, and an object.



Activity

“Slowly inhale the lovely smell of _____ for 5 seconds. Let it go.”

“Inhale and lift up a _____, hold for 5 seconds, and let it go.”

“Quick inhale and then slowly blow on the _____ for 5 seconds.” Blow.

Thank
you!