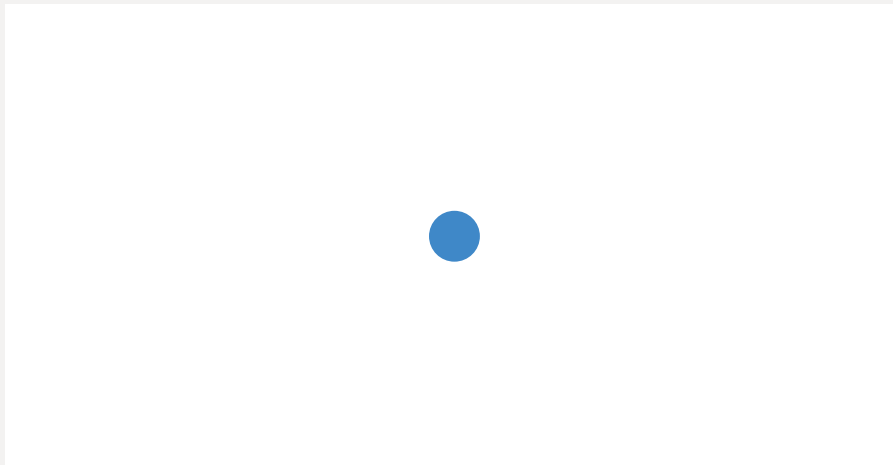


As you might imagine, while the stresses of life are designed to push us to grow and evolve by various intentional acts where we place our attention, the act of “not acting” also has its purpose and place just the same. What a paradox: improving by NOT directing attention.

For the sake of tuning out everything you’ve been working on and tuning into the here and now, here are a few activities you can explore:

Activity 1:

Look at this dot and see how long you can go without thinking about anything.



How did you do? Did you break 8 seconds? Not a bad cognitive spa. But what if you could be mindful using all of your senses? Let’s explore a few examples and see what you experience.

Activity 2:

Experiment with these mindfulness strategies and modalities and notice their influence:

- 1. Meditative Breathing:** Breathe in through your nose, holding it briefly, and out through your mouth (a common ratio is 4 seconds in/2 seconds hold /8 seconds out). See if you can pay attention to your breathing and nothing else. If anything distracts you stop the clock. Try again.
- 2. Body Scanning Meditation:** Scan your body from your toes all the way to your head. See if you can focus on each body part. This not only relaxes your body but gets you to tap into physical sensations as you progress through them.
- 3. Mindful Sitting:** Try sitting in any environment and doing nothing but noticing what’s surrounding you.
- 4. Mindful discussion:** When having a conversation with someone tune out of everything but the conversation itself.

“Mindfulness means being awake. It means really knowing what you are doing.”

—Jon Kabat Zinn

