

Mindfulness

Aspire Living & Learning

I spy memory game

Find a page in a magazine full of various objects and take 1 minute to mindfully look over the page. After the minute is up, close the magazine and write down all of the things that you remember.





Mindful Listening

- Mindful listening: Pick a song, close your eyes, and listen closely to the music. Follow the lyrics, notice the different instruments, or take in the song as a whole experience. If you have heard the song before, did you notice anything new? Alternatively, pick a song that has a repetitive lyric, phrase, or melody line. Count how many times you hear the reoccurring detail.

Mindful Leaf

This exercise calls for nothing but a leaf and your attention.

Pick up a leaf, hold it in your hand, and give it your full attention for five minutes.

Notice the colors, the shape, the texture, and the patterns. This will bring you into the present and align your thoughts with your current experience.



Observe with your eyes closed



Our eyes are our primary source of distraction, we jump from one thing to another and stop paying attention. Sometimes, the best way to remove a distraction is to stop seeing it. This is ideal to practice in a public space. Close your eyes. Take a deep breath and relax. Focus on what's going on around you.



- First, pay attention to the sounds that are closer to you. Little by little, start focusing on the sounds that are farther away.
- Now, pay attention to what's going on right next to you. What sounds do you hear? Can you hear voices? What are they saying?
- Now repeat the same routine with the more distant noises, sounds, and voices. Remember that you are trying to understand, not to analyze, what's happening.

Pay attention, learn to observe what's going on without seeing!

Thought Observation



This exercise is a staple of mindfulness, designed to simply enhance your awareness of your own thoughts.

To begin, sit or lie down in a comfortable position and try to let all tension in your body dissipate. Focus on your breathing first, then move your awareness to what it feels like to be in your body, and finally move on to your thoughts.

- Be aware of what comes into your head but resist the urge to label or judge these thoughts. Think of them as a passing cloud in the sky of your mind.
- If your mind wanders to chase a thought, acknowledge whatever it was that took your attention and gently guide your attention back to your thoughts.