

Mindfulness Begins with You

Resilience • Gratitude • Listening • Journal





Mindfulness Begins with You

Resilience ● Gratitude ● Listening ● Journal

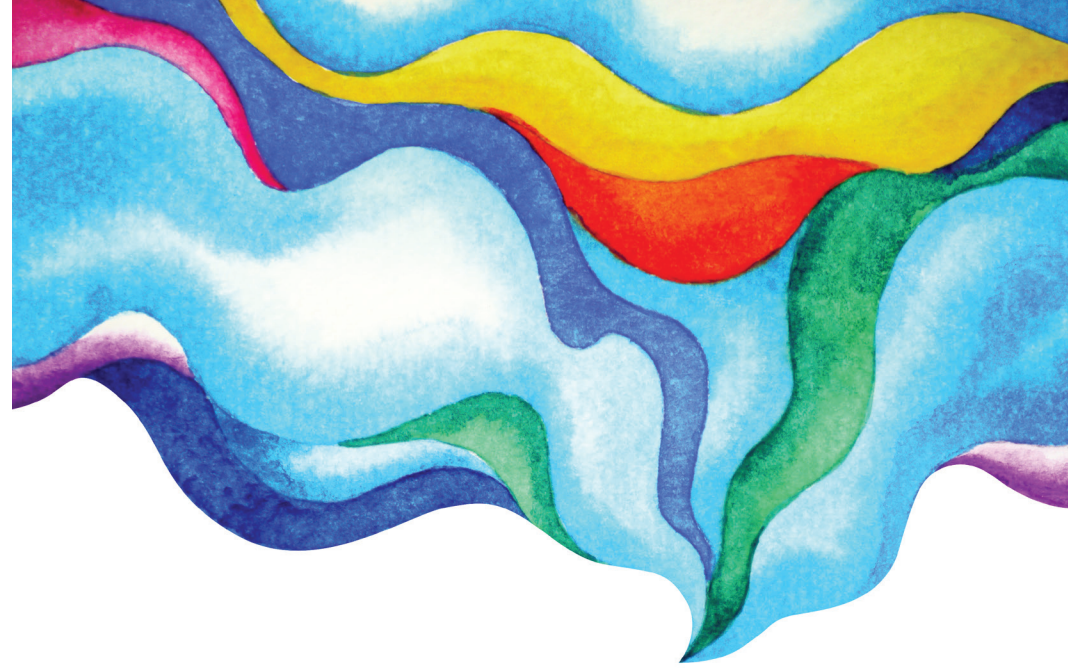
How to use this book...

“*Mindfulness Begins with You*” is divided into five sections:

- Mindfulness
- Compassion Resilience
- Gratitude
- Listening
- Meditation Journal

Each section has several daily exercises that can be completed in any order—you can skip around to find an activity that speaks to you that day, or decide to focus on completing all of the exercises in one section over several days.

Don’t be discouraged if you miss a day or can’t complete an activity in one sitting. Integrating the practice of mindfulness into your daily routine will take time and dedication.



Introduction

Hello! We welcome you on your journey to practice mindfulness. *Mindfulness Begins with You* is a journal for self-exploration offering tools and reflections on mindfulness practices, compassion resilience, gratitude, and building your own resilience.

We created this book with the busy educator in mind. Educators and students alike face many daily challenges, with increasing demands on time, attention, and health. An environment conducive to student learning starts with educator self-care and the cultivation of mindful presence.

My journey to Mindfulness begins today:

____ / ____ / ____



My awareness is my mantra
I'm here, I feel, I belong



My being is my connection
I care, I am compassionate



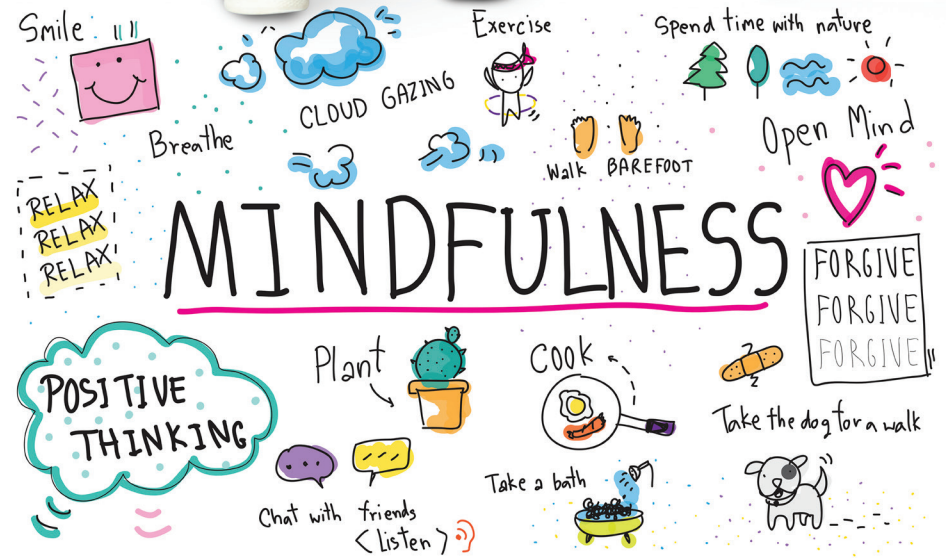
My joy is in the present
I accept, I imagine

I'm paying attention to my breathing
I am peaceful, I am relaxed



My reflection as I begin:

• Section One •



Mindfulness: Concentration

Today begin your exploration of concentration with something you've known how to do all of your life: breathe.

This practice entails paying attention to each in-and-out breath, and when your mind wanders (and it will, that's natural), noticing whatever has captured your attention, then letting go of the thoughts or feelings without berating yourself for it. You then return to focusing on your breathing.

Mindfulness: Concentration

List three things you can hear/see/feel/smell/taste right now:

Hear:

See:

Feel:

Smell:

Taste:



Mindfulness of the body

Mindful eating/drinking

How many times a day do we perform an action without really being there? When we're simultaneously reading the newspaper, checking our e-mail, having a conversation, listening to music, and eating a meal, where is the taste of the food?

For today's practice, we bring mindfulness into another daily activity: eating. In this exercise we try to step out of automatic pilot, be more present, feel more connected to our experience, and perhaps even enjoy our food more!

We can take the lessons we learn from observing one single activity and apply them to the rest of our life.

Focus on the tastes, textures and smells of your food, and avoid multitasking during meals.

Mindfulness of the body

Mindful walking

Walking meditation is a wonderful and literal step-by-step way to learn how to be mindful, and how to bring mindfulness into everyday activities. It becomes a model, a bridge, for being mindful in all the movements we make throughout the day. The essence of walking meditation is to bring mindfulness to an act that we normally do mechanically.

Instead of following your breath, as you do in many meditations, today you'll let your attention rest fully on the sensation of your feet and legs as you lift them, move them through space, and place them on the ground.





Mindfulness of the body

Body scan

The body scan meditation is a wonderful way to relax and experience our bodies as ever-changing, dynamic, and more fully alive. It will open the door for new insights about how our bodies are always changing, as solid as they may seem on the surface.

A guided meditation is available from the *Real Happiness* book by Sharon Salzberg. Google “salzberg+body scan meditation” to listen to the audio.



Mindfulness of the body

Washing dishes meditation

Washing dishes can be a time of meditation each day. It tends to be an activity we do several times a day, one that we usually do while thinking through something rather than paying full attention. It is rarely an activity we enjoy all that much, but one we might find more nuanced and interesting as we pay attention in a deeper way.

A guided meditation is available online. Google “salzberg+washing dishes meditation” to listen to the audio.



Mindfulness of the thoughts/emotions

Meditation on emotions

“Mindfulness helps us peel away the layers of reactivity within us.”

— Sharon Salzberg

Mindfulness of the thoughts/emotions

RAIN

The acronym RAIN—Recognize, Acceptance, Investigate, and Non-identification guides us in bringing mindfulness and compassion to emotions. Explore these steps the next time you are feeling overwhelmed.

- **Recognize** —what you are feeling
- **Acceptance**—be open to whatever emotions arise; don't resist or deny unpleasant feelings
- **Investigate**—observe the emotion with unbiased interest, unhook from the object of the feeling
- **Non-identification**—not identifying with the emotion; it is not your total self, it is a temporary state and will disappear

<https://www.tarabrach.com/meditation-practice-rain/>



Harmony

Mindfulness: Lovingkindness

Write a love letter to yourself—
Dear (your name), I love you because...

Dream

Spirit

Peace

Believe

Hope

Trust

Faith

Love

Serenity

Lined writing area for the love letter.

Mindfulness: Lovingkindness

Recognizing relationships with loved ones and strangers

Think about all of the people whose lives are affected by you.
Draw/list them here.

Mindfulness:
Lovingkindness



List three dreams and how you will achieve them:

1 _____

2 _____

3 _____

Mindfulness: Lovingkindness

List three professional goals and three personal goals:

Professional Goals:

1 _____
2 _____
3 _____

Personal Goals:

1 _____
2 _____
3 _____



Mindfulness: Lovingkindness



List three things you can control:

Think of an environment such as home or work and list three things you can control in that environment. The next time you're in a stressful situation in that environment, think of those three things.

- 1 _____

- 2 _____

- 3 _____

Mindfulness: Lovingkindness

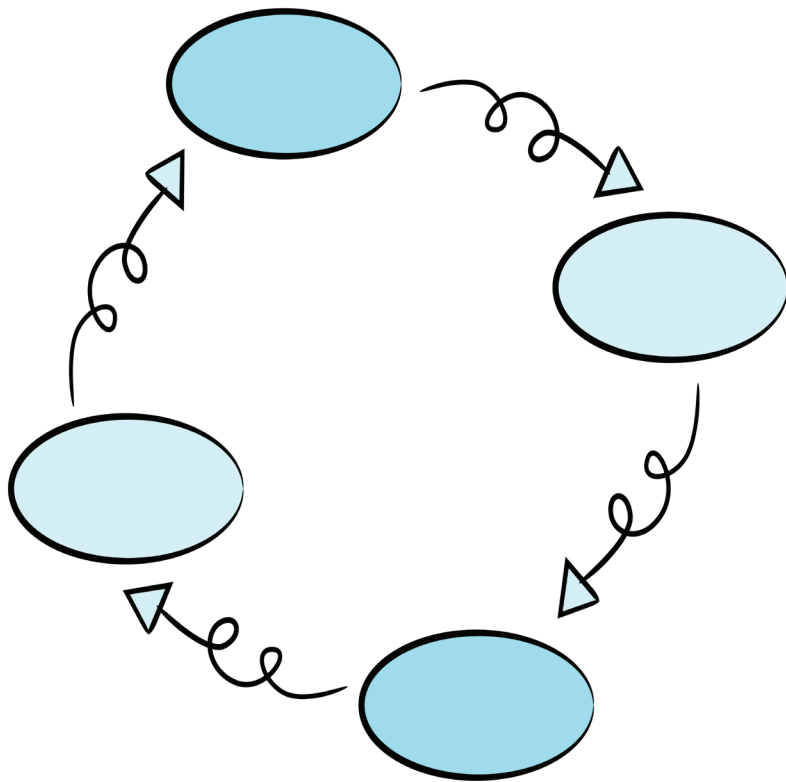
**What would you like to say to fear in general?
To the fear inside you?
Write it a letter.**



Mindfulness: Lovingkindness

Create a mind map for a stressful situation you've been trying to figure out.

Put the stressor in the middle of the page and connect ideas and information to the central problem to help make sense of it.



Mindfulness: Lovingkindness

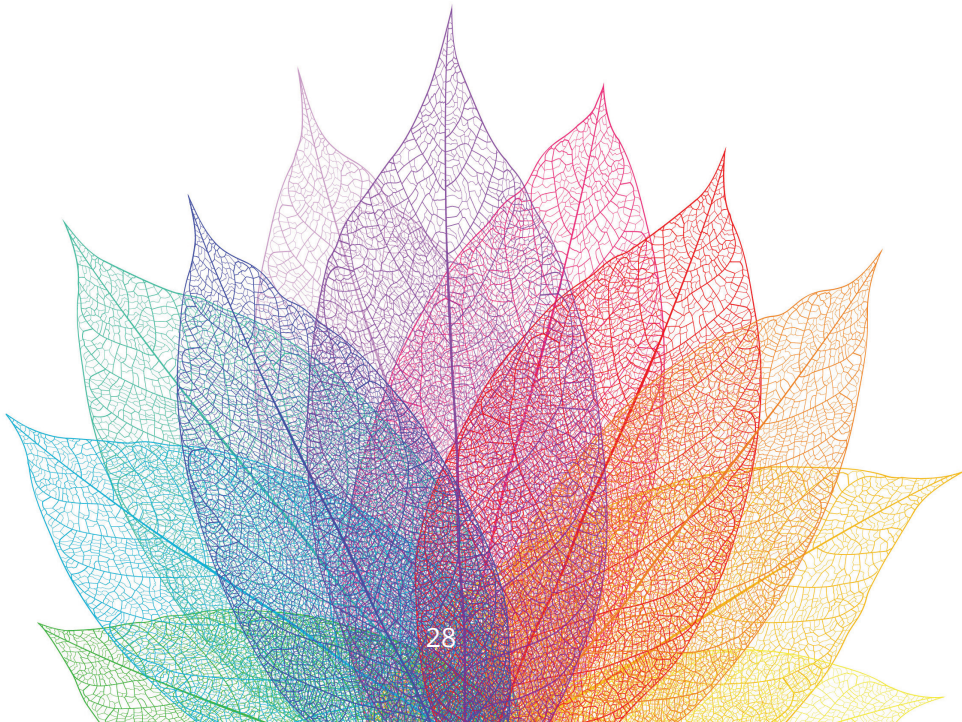
Draw a picture of what happiness looks like to you.

Mindfulness: Lovingkindness

Notes

Who are you without labels?
(NOT I'm a parent, I'm a teacher, etc.)

Dig deep to think about personality traits that define you.



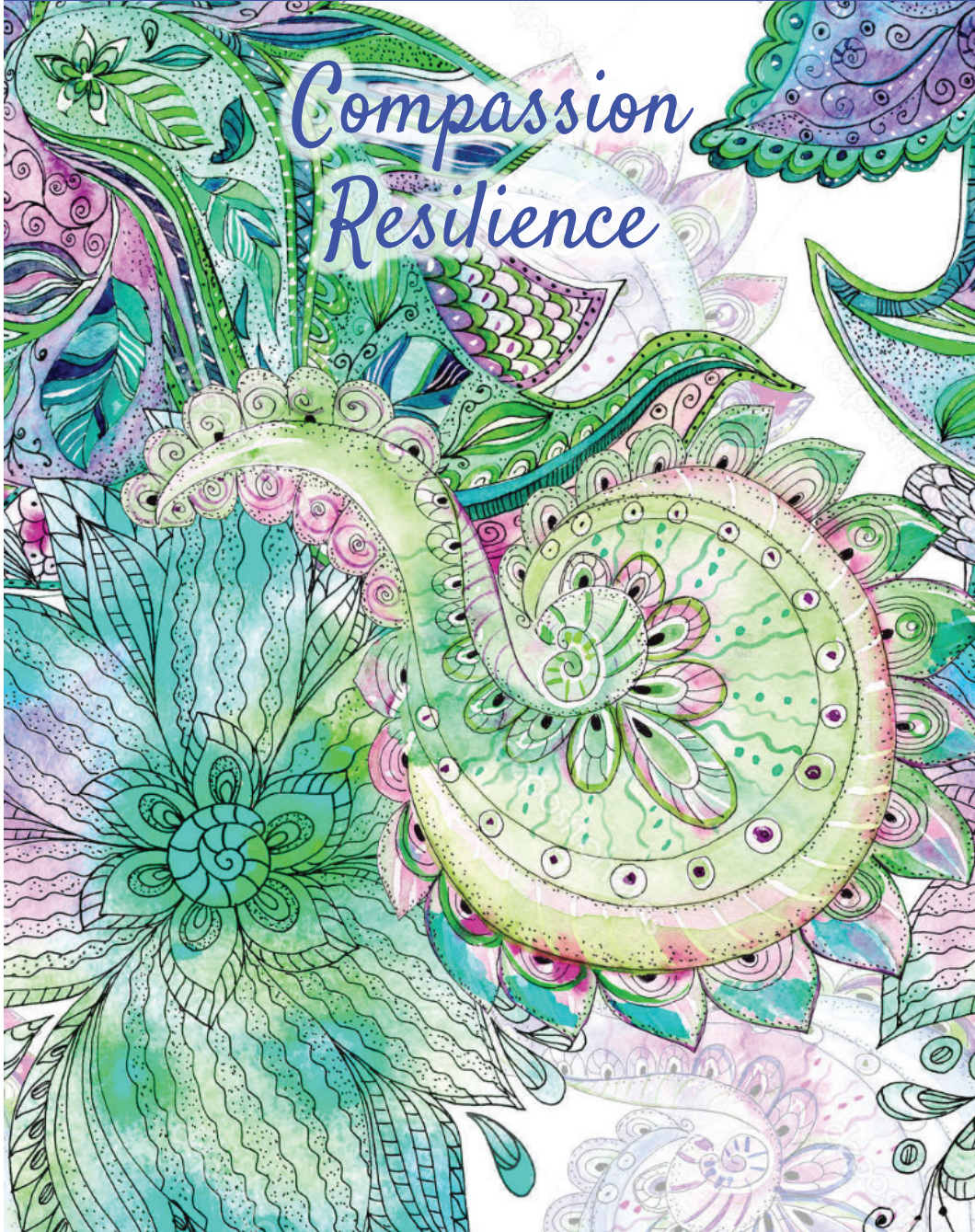
Notes

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• Section Two •





What did you do that was fun today?

Make sure you're taking time out of your day everyday to do something that you find fun.

How do you feel right now? (physically, mentally, emotionally)



Compassion Resilience: Self-care techniques

- Mindful meditation—Schedule a week of self-care activities and put them on your calendar
- Take a bath or give yourself an at-home spa day
- Spend some time outside (go for a walk, bike ride, hike)
- Lay in bed, take a nap, sit outside, lounge around for awhile and just do nothing.
- Treat yourself to coffee with a friend
- Eat a nutritious breakfast



Compassion Resilience



List three things you like about yourself.

1 _____

2 _____

3 _____

Compassion Resilience

What's your greatest motivation in life?

Write it down, say it aloud, make it a part of each breath.
Now move forward.



Compassion Resilience



Practicing self-compassion and compassion towards others

- Self-compassion entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or beating ourselves up with self-criticism.
- How would you treat a friend? How do you think things might change if you responded to yourself in the same way you typically respond to a close friend when he or she is suffering?

Notes

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Notes

Notes

• *Section Three* •



Gratitude

grow gratitude

What are you grateful for today?

Fill in each letter by adding phrases, words, or images for the things you are grateful for.

G _____

R _____

A _____

T _____

I _____

T _____

U _____

D _____

E _____

How can you inject gratitude into a current challenge?



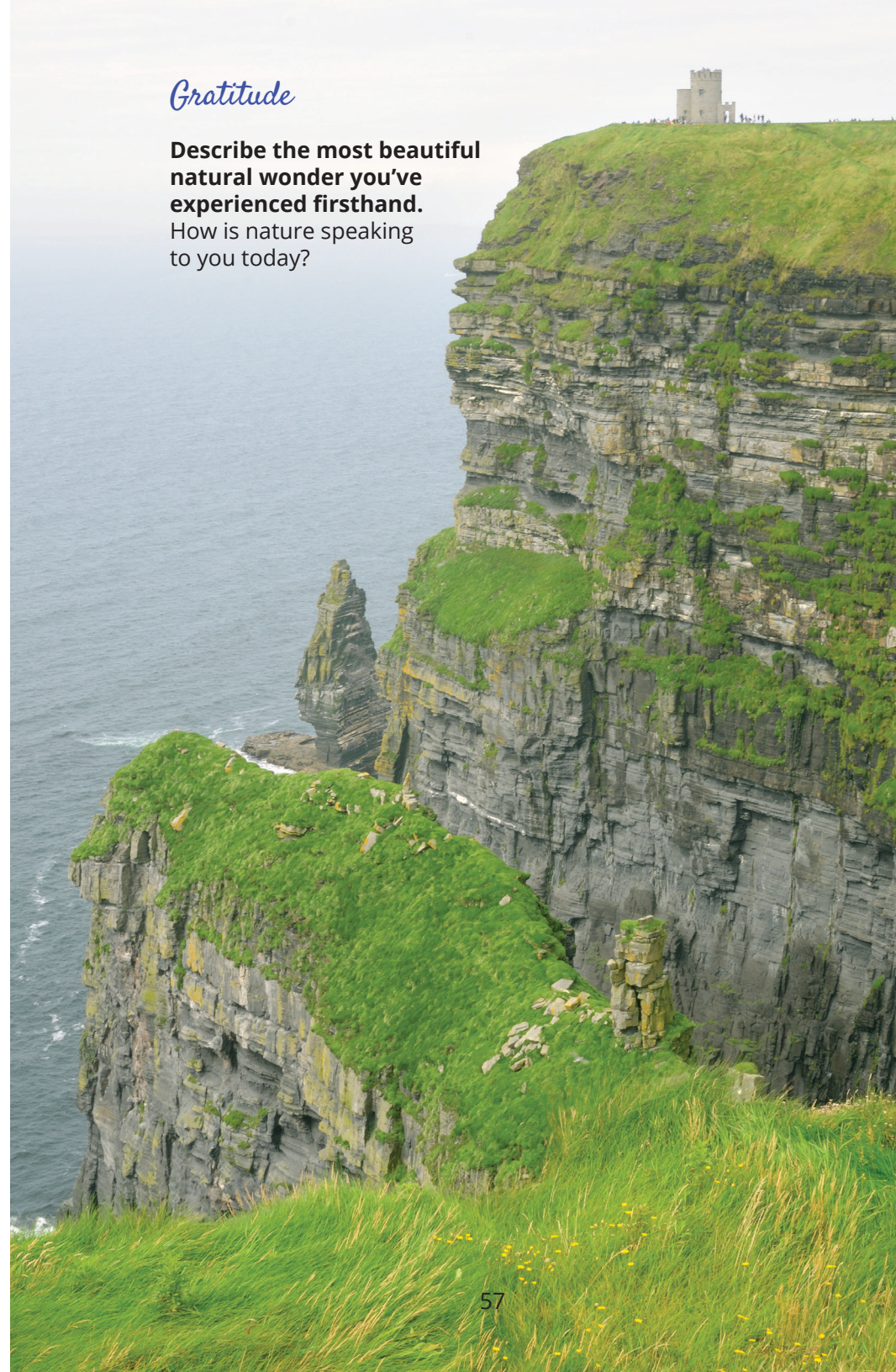
Gratitude

Describe the last time your heart was overflowing with joy.



Gratitude

Describe the most beautiful natural wonder you've experienced firsthand.
How is nature speaking to you today?



The 28 Days of Gratitude Challenge

Express gratitude for...

| SUN | MON | TUES |
|---|---|---|
| <input type="checkbox"/> SOMETHING YOU LIKE ABOUT YOURSELF | <input type="checkbox"/> A CHALLENGE YOU HAVE OVERCOME | <input type="checkbox"/> A PERSONAL TALENT YOU POSSESS |
| <input type="checkbox"/> SOMETHING BEAUTIFUL YOU SAW TODAY | <input type="checkbox"/> YOUR SPOUSE OR SIGNIFICANT OTHER | <input type="checkbox"/> SOMETHING YOU ARE LOOKING FORWARD TO |
| <input type="checkbox"/> SOMETHING YOU LIKE ABOUT YOUR JOB | <input type="checkbox"/> A LESSON FROM A MISTAKE YOU MADE | <input type="checkbox"/> SOMETHING THAT SOMEONE GAVE YOU |
| <input type="checkbox"/> SOMETHING THAT PUTS A SMILE ON YOUR FACE | <input type="checkbox"/> YOUR COMMUNITY AND NEIGHBORS | <input type="checkbox"/> SOMETHING YOU LIKE ABOUT YOUR HOME |

| WED | THURS | FRI | SAT |
|--|--|---|---|
| <input type="checkbox"/> SOMETHING YOU CREATED | <input type="checkbox"/> YOUR GREATEST ACCOMPLISHMENT | <input type="checkbox"/> SOMETHING YOU OFTEN TAKE FOR GRANTED | <input type="checkbox"/> YOUR BEST PERSONALITY TRAIT |
| <input type="checkbox"/> YOUR HEALTH AND WELL-BEING | <input type="checkbox"/> SOMEONE WHO INSPIRES YOU | <input type="checkbox"/> SOMETHING YOU USE EVERYDAY | <input type="checkbox"/> FAMILY AND FRIENDS |
| <input type="checkbox"/> SOMETHING THAT MADE YOU SMILE TODAY | <input type="checkbox"/> A COWORKER WHO MAKES WORK LIFE BETTER | <input type="checkbox"/> A BOOK THAT INSPIRED YOU | <input type="checkbox"/> YOUR PAST EXPERIENCES |
| <input type="checkbox"/> SOMETHING AWESOME ABOUT YOUR AGE | <input type="checkbox"/> POSITIVE PEOPLE IN YOUR LIFE | <input type="checkbox"/> THE CHANCE OF A NEW DAY | <input type="checkbox"/> THE LITTLE THINGS THAT MAKE LIFE GREAT |

From: <https://www.gorgeousmindset.com/gratitude-challenge/>

Notes

Notes

• Section Four •

Take Notice!

Listen Carefully

Pay Attention

Listen Closely!

yes and Ears Open

Vital Info!

Be a Good Listener

Importance of Listening

Notes

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Notes

Notes

• Section Five •



*Meditation
Journal*

Meditation Journal

- Each time you meditate, record the time of day, how long you practiced and the predominant aspect of your meditation—a few quick notes, such as “sleepy,” or “couldn’t stop planning for tomorrow.”
- Then at night add a word or two describing your general emotional state that day—“impatient,” “openhearted,” “calm and confident,” “anxious.”
- At the end of every week, review your journal and see if you notice a relationship between your meditating and the rest of your day.



Meditation Journal

Week of: _____

Sunday: How long? _____ AM _____ PM _____

Monday: How long? _____ AM _____ PM _____

Tuesday: How long? _____ AM _____ PM _____

Wednesday: How long? _____ AM _____ PM _____

Thursday: How long? _____ AM _____ PM _____

Friday: How long? _____ AM _____ PM _____

Saturday: How long? _____ AM _____ PM _____

Weekly Reflection:

Meditation Journal

Week of: _____

Sunday: How long? _____ AM _____ PM _____

Monday: How long? _____ AM _____ PM _____

Tuesday: How long? _____ AM _____ PM _____

Wednesday: How long? _____ AM _____ PM _____

Thursday: How long? _____ AM _____ PM _____

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Wednesday: How long? _____ AM _____ PM _____

Thursday: How long? _____ AM _____ PM _____

Friday: How long? _____ AM _____ PM _____

Saturday: How long? _____ AM _____ PM _____

Weekly Reflection:



About Us

The Wisconsin Safe and Healthy Schools (WISH) Center provides training and technical assistance to educators.

Vision:

Every Child Safe, Healthy and Connected

Mission:

The Wisconsin Safe & Healthy (WISH) Schools Training and Technical Assistance Center builds the capacity of Wisconsin school districts to implement programs in prevention and intervention of alcohol, tobacco, and other drug abuse, mental health, and promote school safety in order to reduce barriers to learning.

If you have any suggestions on how to improve this publication, please add them to this living document: <http://bit.ly/2pNtpV8>.

We are happy to consider how to apply your suggestions to this journal's next edition.

For more information on the WISH Center and Mindfulness trainings visit: www.wishschools.org.





www.wishschools.org

- mindfulness
- gratitude ● joy
- feel ● listen
- learn

WISH