

MINDFUL EDGE

LESSON 2 WHAT IS MINDFULNESS?

1. WHAT IS
STRESS?

3. HOW TO
PRACTICE
MINDFULNESS?

4. WHAT IS THE
NEUROSCIENCE
OF
MINDFULNESS?

5. HOW DO
THOUGHTS
IMPACT
EMOTIONS &
BEHAVIOURS?

6. HOW DO
EMOTIONS IMPACT
THOUGHTS &
BEHAVIOURS?

7. HOW TO
BEFRIEND
STRONG
EMOTIONS?

8. WHAT IS THE
SCIENCE OF
HAPPINESS?

My Mindful Journey Reflective Journal
Mindful Edge Interactive™
Skill for Being with the Ups and Downs of Life
(Stress Management and Life Strategies for Youth)
for use with MindfulEdge.ca interactive website for Youth

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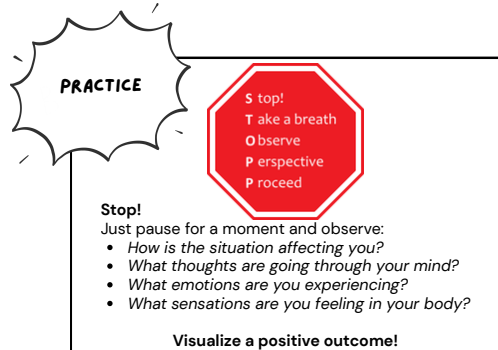
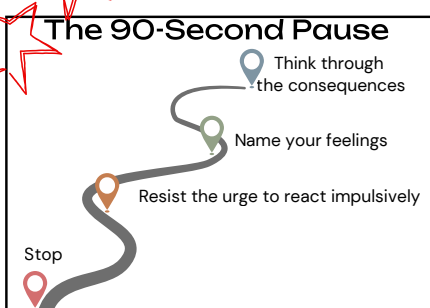
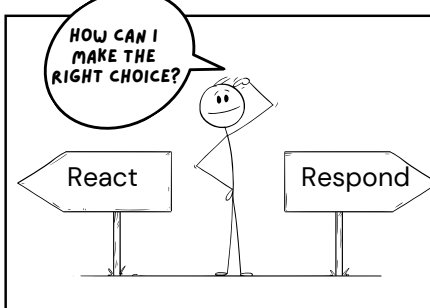
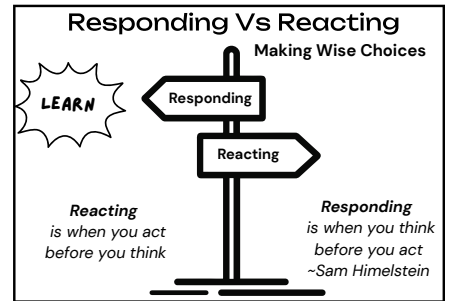
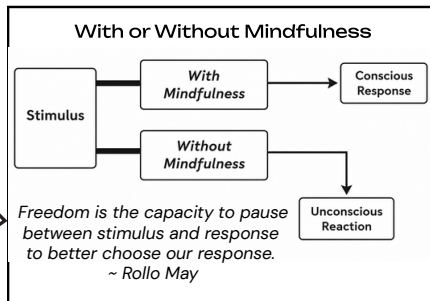
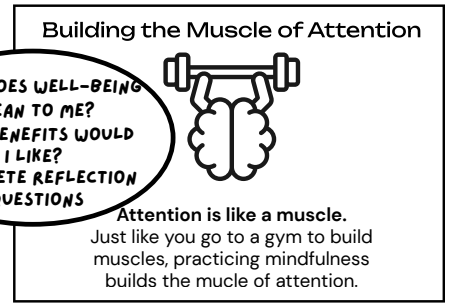
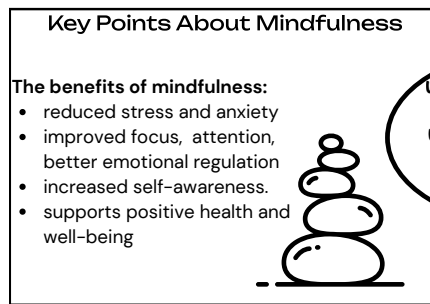
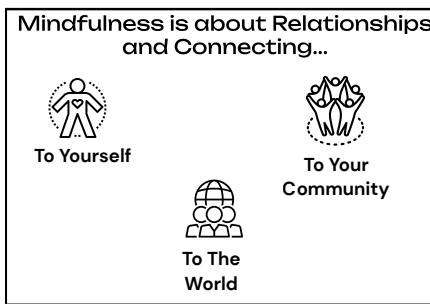
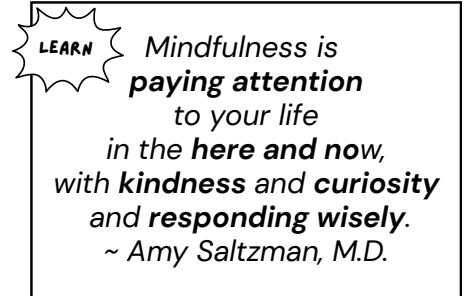
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WHY BE MINDFUL?

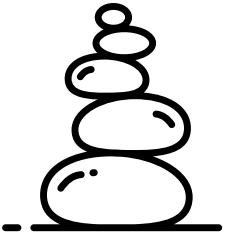


UNDERSTAND



Lesson 2: Why Be Mindful?

WHAT DOES WELL-BEING AND MINDFULNESS MEAN TO ME?



Mindfulness is a skill that can help us boost our ability to:

- Focus attention
- Manage stress
- Make healthy decisions
- Cultivate happiness & well-being through kindness, appreciation & gratitude
- Foster relationships and connection with self and others

❖ *What does well-being mean to me?*

❖ *What does well-being mean to me?*



HOW MINDFUL ARE YOU? QUIZ

Below is a collection of statements about your everyday experiences.

Using the 1–5 scale below, please indicate how frequently or infrequently you currently have each experience.

Please answer according to what really reflects your experience rather than what you think your experience should be and treat each item separately from every other item.

Almost Always	Frequently	Somewhat	Infrequently	Almost Never
1	2	3	4	5

Statement	Score
1. I could be experiencing some emotion and not be conscious of it until sometime later.	
2. I tend to walk quickly to get to where I am going without paying attention to what I experience along the way.	
3. I tend not to notice feelings of physical tension or discomfort until they really grab my attention.	
4. I forget a person's name almost as soon as I have been told it for the first time.	
5. I rush through activities without being really attentive to them.	
6. I get so focused on the goal that I want to achieve that I lose touch with what I am doing right now.	
7. I find myself listening to someone with one ear while doing something else at the same time.	
8. I find myself preoccupied with the future or the past.	
9. I find myself doing things without paying attention.	
10. I snack without being aware that I am eating.	

The scale measures your "dispositional mindfulness", which is your everyday tendency to be attentive and aware of the present moment.

How to Score the Quiz

Interpreting the assessment requires just a few basic steps:

Calculate the Average: Add up your scores for all 10 questions.

Divide by 10: Divide that total by 10 to find your mean/average score.

Understanding Your Results

Your final score will always fall between 1 and 5. Because the questionnaire is framed around unmindful behaviors (e.g., "I find myself doing things without paying attention"), higher scores actually indicate higher levels of everyday mindfulness.

(adapted from the MAAS Mindful Attention Awareness Scale (MAAS)—a common tool in psychology created by researchers Kirk Warren Brown and Richard Ryan

STOPP PRACTICE ACTIVITY - REACTING VS RESPONDING

There may be times throughout the day when you are unaware of what's happening inside you.

1. Journal about a time when you reacted unwisely to a situation:

2. Now, remembering the situation, visualize going through the steps of the STOPP practice



Stop! Just Pause for a moment.

Take a breath. Notice your breathing... in and out.

Observe what is happening inside and around you:

- How is the situation affecting you?
- What thoughts are going through your mind
- What emotions are you experiencing?
- What sensations are you feeling in your body?

Perspective: What is the bigger picture?

Proceed with awareness: You have a choice.

- What is the best option now for you and others?

Visualize a positive outcome 😊

Mindful Awareness creates space, providing the opportunity to respond wisely.

3. How might the outcome of the situation have changed, based on this practice?

LESSON 2 EVALUATION: WHY BE MINDFUL?

❖ *Which idea(s) and practices from the Why be Mindful? lesson did you find supportive/helpful/interesting that you might try and incorporate into your daily life?*

Lesson Components	
Arriving	5 Senses
Check-in	Mind – Body
Breathing	Finding your Anchor
Focus	Mindful Eating STOPP Practice
Movement	Circle of Joy
Mindfulness	Information, Activities and Practices – please specify • Mindfulness: Information – Definition, Benefits • Impact of with and without mindfulness • Responding vs Reacting • Present Moment Awareness
Mindful Attitudes	• Non-Judgment • Beginner's Mind
Healthy Habits	• Healthy Eating • Focus

❖ *Please list 1 thing you might try to incorporate into your daily life.*

❖ *What did you like least about this lesson or found challenging?*