

# MINDFUL EDGE

## LESSON 3 HOW TO PRACTICE MINDFULNESS?

1. WHAT IS  
STRESS?

2. WHAT IS  
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](http://MindfulEdge.ca) interactive website for Youth

Curriculum Authors: Heidi Bornstein | Stephen Chadwick | Naomi Nurgitz | Natalia Fister

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# LESSON 3: PRACTICING MINDFULNESS

## MINDFULNESS IN DAILY LIFE: NOTICING THE LITTLE THINGS

There are two types of mindfulness practice: formal and informal. The idea is to bring moment-to-moment awareness to everything you already do as you are actually doing it. For example:

|                                                       |                                                                       |                                                           |                                                                |                                                       |
|-------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------|----------------------------------------------------------------|-------------------------------------------------------|
| Waking up -<br>Brushing your teeth<br>- Showering     | Shaving - Brushing<br>your hair - Getting<br>dressed                  | Tying your shoes -<br>Washing your hands<br>- Eating      | Walking to class -<br>Shopping - Dancing                       | Riding in a car -<br>Working out -<br>Folding laundry |
| Riding in a car -<br>Working out -<br>Folding laundry | Taking out the<br>garbage - Washing<br>dishes - Cleaning<br>your room | Being with friends<br>or family - Writing -<br>Journaling | Drawing - Playing a<br>musical instrument<br>- Playing a sport | Getting into bed -<br>Going to sleep                  |

Picking one of the tasks, picture yourself doing it, and bringing mindful awareness to it, using your 5 senses.

|                                              |  |
|----------------------------------------------|--|
| ❖ Which task did you choose?                 |  |
| ❖ What could you see during this activity?   |  |
| ❖ What could you hear during this activity?  |  |
| ❖ What could you touch during this activity? |  |
| ❖ What could you taste during this activity? |  |
| ❖ What could you smell during this activity? |  |

## MINDFUL ATTITUDE ACTIVITY SELF-QUIZ

Mindfulness is an approach that you can bring into your life,  
as well as formal mindfulness practice.

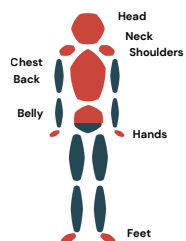
1. Pick an activity to do, perhaps studying or working out, or a mindful practice – body scan or awareness of breathing.
2. Afterwards, complete the chart below to see how the attitudes of mindfulness can be applied.

❖ *While doing this activity or practice, what did you notice about the attitudes of mindfulness?*

**Y = Yes | ½=somewhat | N = No**

|                        |                                                                                                                                                                                  |   |   |   |
|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|---|
| <b>Non-Judgment</b>    | <ul style="list-style-type: none"> <li>Were you able to <b>sustain a non-judging attitude</b> to the activity?</li> <li>Were you <b>non-judging towards yourself</b>?</li> </ul> | Y | ½ | N |
| <b>Beginner's Mind</b> | <ul style="list-style-type: none"> <li>Were you able to do it with <b>new eyes</b>? (or did you have a lot of pre-conceived notions about how it would go?)</li> </ul>           | Y | ½ | N |
| <b>Patience</b>        | <ul style="list-style-type: none"> <li>Were you <b>impatient</b> with the activity because you would be rather begin doing something else?</li> </ul>                            | Y | ½ | N |
| <b>Trust</b>           | <ul style="list-style-type: none"> <li>How <b>trusting of yourself</b> are you that you can successfully master an activity at a given time?</li> </ul>                          | Y | ½ | N |
| <b>Non-striving</b>    | <ul style="list-style-type: none"> <li>Were you able to be <b>in the moment</b>? Or just wanting it to be over?</li> </ul>                                                       | Y | ½ | N |
| <b>Acceptance</b>      | <ul style="list-style-type: none"> <li>Can you <b>accept</b> that in life, you are going to drop the ball (lose your balance) once in a while?</li> </ul>                        | Y | ½ | N |
| <b>Letting go</b>      | <ul style="list-style-type: none"> <li>Were you able to <b>let go</b> of perfectionism? Having things always go the way you plan? Of always being in control?</li> </ul>         | Y | ½ | N |
| <b>Gratitude</b>       | <ul style="list-style-type: none"> <li>Are you <b>grateful</b> for being able to do what you can do?</li> </ul>                                                                  | Y | ½ | N |
| <b>Generosity</b>      | <ul style="list-style-type: none"> <li>Can you do things to help others and <b>be generous</b> with your time and energy?</li> </ul>                                             | Y | ½ | N |
| <b>Compassion</b>      | <ul style="list-style-type: none"> <li>Can you have <b>compassion</b> for yourself when you mess up?</li> </ul>                                                                  | Y | ½ | N |
| <b>Forgiveness</b>     | <ul style="list-style-type: none"> <li>Can you <b>forgive</b> yourself for not always getting things perfect?</li> </ul>                                                         | Y | ½ | N |

# WHAT DO YOU NOTICE WHILE PRACTING MINDFULNESS?



## Objective of Mindfulness: Self Awareness

Increasing awareness of the present moment can be cultivated by noticing with kindness and curiosity what is happening in your body, mind, and emotions, while they are being experienced.

|                              |                                                                        |   |   |   |
|------------------------------|------------------------------------------------------------------------|---|---|---|
| <b>Present Moment</b>        | <i>Were you in the present moment?</i>                                 | Y | ½ | N |
| <b>Awareness of Thoughts</b> | <i>Did your mind wander? If so, where did it go?</i>                   | Y | ½ | N |
| <b>Emotional Awareness</b>   | <i>Were you aware of any emotions the activity? Can you name them?</i> | Y | ½ | N |
| <b>Body Sensations</b>       | <i>Were you aware of any sensations in your body?</i>                  | Y | ½ | N |

What **physical sensations** did you notice?

|             |               |                  |               |                 |
|-------------|---------------|------------------|---------------|-----------------|
| • achy      | • airy/dense  | • burning        | • clammy/dry  | • cool/warm     |
| • cutting   | • dull/sharp  | • itchy          | • light/heavy | • numb          |
| • pounding  | • prickly     | • pulsing        | • shaky       | • shooting      |
| • sinking   | • soft/rough  | • stiff/flexible | • stinging    | • tense/relaxed |
| • throbbing | • tight/loose | • tingly         | • trembling   | • vibrating     |
| • Other     |               |                  |               |                 |

What **emotional reactions** did you notice?

|               |                |                                |                                   |            |
|---------------|----------------|--------------------------------|-----------------------------------|------------|
| • anger       | • anticipation | • disgust                      | • enjoyment - wanting to continue | • fear     |
| • frustration | • grief        | • impatience - wanting to stop | • joy                             | • neutral  |
| • pride       | • release      | • sadness                      | • shame                           | • surprise |

What **thoughts** did you notice?

|                           |                         |                            |
|---------------------------|-------------------------|----------------------------|
| • Circular thinking       | • Evaluating/analyzing  | • Imagining the future     |
| • Judging your experience | • Labeling/cataloguing  | • Planning                 |
| • Reviewing the past      | • Thinking about others | • Wishing/hoping/comparing |

## LESSON 3 EVALUATION: HOW TO PRACTICE MINDFULNESS

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

| Lesson Components      |                                                                                                                                                                                                                                                                       |
|------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Arriving               | Long, slow deep Breathing                                                                                                                                                                                                                                             |
| Check-in               | PAUSE – Triangle of Awareness                                                                                                                                                                                                                                         |
| Breathing              | Long, slow deep Breathing                                                                                                                                                                                                                                             |
| Focus                  | Body Scan                                                                                                                                                                                                                                                             |
| Movement               | Circle of Joy                                                                                                                                                                                                                                                         |
| Practicing Mindfulness | Information, Activities and Practices – please specify <ul style="list-style-type: none"> <li>• Practicing Mindfulness: Information – Formal and Informal Practice</li> <li>• Connecting to the body –mind – emotions</li> <li>• Mindfulness in Daily Life</li> </ul> |
| Mindful Attitudes      | <ul style="list-style-type: none"> <li>• Trust</li> <li>• Non-striving</li> </ul>                                                                                                                                                                                     |
| Healthy Habits         | <ul style="list-style-type: none"> <li>• Reflect</li> <li>• Move</li> </ul>                                                                                                                                                                                           |

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

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