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People who meditate are happier, healthier and more successful than those who don't. The amazing benefits of practicing meditation and mindfulness are available to anyone who has time to practice these skills. If you've tried meditation, mindfulness or other positive psychology interventions before, you may have thought it wasn't for you after a few attempts. But like any skill, mindfulness requires practice. Try again! Sometimes the only thing that stands between our goals and us is a bit of direction. Hopefully, this article may provide a referral for you to give mindfulness a try either in your own life, your therapy, or your coaching sessions. Let's dive! Before you read on, we thought you would download our 3 Mindfulness Exercises for free. These science-based, comprehensive exercises will not only help you cultivate a sense of inner peace throughout your daily life, but will also give you the tools to enhance the care of your clients, students or employees. 4 Деятельность mindfulness для групп и терапия группы терапии группы которая включает mindfulness показывала некоторые перспективности результаты. It is as effective as cognitive behavioral therapy (CBT), a staple product of the world of clinical psychology (Kocovski, Fleming, Hawley, Huta, and Antony, 2013). There is also evidence that group mindfulness meditation is as effective as individual TSEs (Sundquist et al., 2015). In a global climate with several clinical psychologists due to their need, and at a time when individual therapy time is limited and expensive, the proven effectiveness of group therapy is excellent news. Even if you don't feel the need to see a therapist, there are mindfulness-oriented groups that share and deepen meditation practice (Brach, 2016). Here are four exercises from such groups. Fleming and Kokowski's Treatment Plan One is a group-based mindfulness-based treatment program aimed at reducing social anxiety. This is a good example of how mindfulness exercises can be incorporated into group settings for its various benefits. In this example, the exercises used have proven effective in treating social anxiety disorders in particular; however, they can be applied to many other group settings with positive results. The treatment plan includes a group of about 8 members meeting for 2 hours, each week for 12 weeks. The first part of each session is devoted to a short exercise of mindfulness and discussion. The mindfulness exercises of the treatment plan went like this: Session 1: Exercise raisins; Session 2: Body scan; Session 3: Careful to see; Session 4: Mindfulness of breathing, sounds and Session 5: Accepting the thoughts and feelings of exercise; Session 6: Acceptance of Social Anxiety; Session 7: Mountain Meditation; Session 8: Adopting Social Anxiety Sessions 9: Breathing Focus Focus The guide; Session 10: Meditation on the Lake; Session 11: Not guided by Breath Focus. There are many different mindfulness exercises mentioned here that have been specifically put together to reduce social anxiety disorder; however, the first three exercises are commonly used in group meetings to encourage mindfulness. A description of each of these group exercises can be found below. 1. Raisin Exercise is a great introductory exercise for beginners to start practicing mindfulness as it can be undertaken by anyone with any kind of food (although one with an interesting or unusual texture, smell, or taste better). In this exercise, the facilitator provides participants with a few raisins and asks them to pretend that they have never seen raisins before. The presenter then asks them to pay close attention to what raisins look like; What it's like; How their skin reacts to its manipulations; Its smell; It tastes good. Focusing on one object of raisins is designed to bring the mind of the participant to the present, to what is right in front of them. We can be used for raisins, and are not used to taking the time to actually notice them. By focusing on the raisins in hand and making a point to notice everything about it, they are unlikely to waste energy, time and attention on worrying or ruminating about other parts of their lives. When you follow these instructions and pay attention, it is much easier to focus on what is in front of you. If your mind wanders, it is also natural. Gently drive it back to the exercise. 2. Body scanning Another popular exercise for mindfulness practitioners is called body scanning. It requires very little in the way of props or tools, and it is also readily available to most beginners. Want to monitor your body scan right now? Try this 30 minutes guided by narrative expert and founder mindfulness-based stress reduction John Kabat Sinn: Step 1: Body scanning begins with participants lying on their backs with their palms up and their legs falling a little apart. This exercise can also be done sitting on a comfortable chair with your feet resting on the floor; Step 2: The presenter then asks the participants to lie down for a very long time throughout the exercise, and move with awareness if it becomes necessary to adjust their position; Step 3: Next, the presenter begins to guide the body scan. Participants begin by bringing awareness to the breath, noticing the rhythm, the experience of breathing and expulsion. The facilitator explains that no one should try to change the way they breathe, but simply keep a gentle awareness on the breath; Step 4: Next, the presenter directs attention to the body: what it is like, the texture of the garment against the skin, the contours of the surface on which the body rests, the body temperature and the environment; Step 5: The presenter directs awareness to parts of the body that are tingling, pain, or feeling particularly severe or light, with the asks participants to mark any area of their body where they feel no sensation at all or hypersensitive. A typical body scan runs through each part of the body, paying special attention to how each area feels. Scans usually move systematically around the body, for example, starting with the legs and moving upwards as follows: the legs of both legs; Other legs (top, bottom, ankle); Lower legs; Knees; Hips; Pelvic area (buttocks, tailbone, pelvic bone, genitals); Abdomen; Breasts; Lower back; Upper back (rear ribs and shoulder blades); Hands (fingers, palms, backs, wrists); Hands (lower, elbows, upper); Neck; Face and head (jaw, mouth, nose, cheeks, ears, eyes, forehead, scalp, back and head); Hole (Fleming and Kokowski, 2007). Once the body scan is complete and participants feel ready to return to the room, they can slowly open their eyes and move naturally to a comfortable sitting position. Now that you have a more solid understanding of body scanning, check out our attentive body scanning scenario that will help you facilitate this exercise for others in the group setting. 3. Looking closely at for some, the lack of visual stimuli can feel stifling. After all, a healthy imagination does not come naturally for everyone. Mindful Seeing can be useful to anyone who identifies with it. This is a simple exercise that requires only a window with some kind of view. The facilitator directs the group as follows: Step 1: find a place in the window where there are sights that can be seen from the outside; Step 2: Look at everything you need to see. Avoid marking and classifying what you see outside the window; Instead of thinking of a bird or stop sign, try to notice colors, patterns, or textures; Step 3: Pay attention to the movement of grass or leaves in the wind. Notice the many different forms present in this small segment of the world that you can see. Try to see the world outside the window from the point of view of someone unfamiliar with these sights; Step 4: be observant but not critical. Keep in mind, but not fixated; Step 5: If you are distracted, gently distract your mind from these thoughts and notice the color or shape again to put you back in the right frame of mind. There's an extensive group treatment plan for Fleming and Kocovski's (2007), which offers a peek into how to use mindfulness in any group session and provides detailed sheets, exercises and handouts that can provide inspiration and guidance for your group to promote. 4. Careful listening This last action is extracted from the positive psychology of Toolkit and introduces close listening as a group Careful listening is an important skill and can be a great big mindfulness exercise. In general, people thrive when they feel completely heard and seen, and listening carefully suggests a break from focusing on ourselves or our own reactions. Instead, this form of listening can create an inner still, where both sides feel free from prejudices or judgments, and the listener is not distracted by internal chatter by learning valuable positive communication skills. Mindful Listening includes the following steps: Step 1: invite participants to think about one thing they are stressed about and one they are looking forward to; Step 2: Once all is finished, each participant takes a turn by sharing their story with the group; Step 3: encourage each participant to be directly aware of what it's like to talk about something stressful, and what it's like to share something positive; Step 4: Participants are instructed to observe their own thoughts, feelings and sensations of the body both when talking and listening; Step 5: Once each participant has shared, you can break into small groups and answer the questions below. Next, regroup and discuss and take stock with the following questions. These questions: How did you feel speaking during exercise? How did you feel listening during the exercise? Have you noticed any wanderings in your mind? If so, what was the distraction? What helped you get your attention back to the present? Is your mind judged by listening to others? If so, how to judge the feel in the body? Were there times when you felt empathy? If so, how did it feel in the body? How did your body feel right before the performance? How did your body feel right after the conversation? How do you feel now? What happens if you practice mindful listening to every person that you've talked to? Do you think listening carefully will change the way you interact and relate to others? What is it like to set out to pay attention with curiosity, kindness and acceptance to everything you have said and everything you have listened to? In addition to group activities here, you may also be interested in trying gentle yoga or qigong, both of which involve intentional posture, focused breathing, and an emphasis on awareness. Both of these activities provided evidence of the benefits of mindfulness (Newsome, Waldo, and Gruszka, 2012). 6 Fun Mindfulness Interventions, Techniques and Adult Sheets there are several ways to engage in mindfulness on an individual level, including sheets, techniques and various exercises. If the idea of participating in group mindfulness exercises is disturbing or stressful for yourself or your clients, immersion in mindfulness practice may in itself be the best way to continue. Here are six exercises can help build care in different ways. 1. Self-Compassion Pause This PDF PDF Compassion Pause Leaf guides the reader through an exercise in the practice of mindfulness and self-compassion. This is the perfect sheet for many who struggle to show themselves compassion, even if they can be quick to express compassion for others. It's also a great way to practice mindfulness by bringing awareness of emotions and staying with them at the moment. First, the sheet summarizes the importance of self-compassion in order to maintain a high quality of life; The next section presents a method for exercise. Start with a pause of thought and action, with a purposeful realization that being considerate can help; Next, the sheet instructs you to move your hand on your chest, hug yourself, or make physical contact with yourself in some other way, and take a few deep breaths; After that, it is an important step in recognizing suffering. This step is both a place for mindfulness practice and encourages mindfulness as a result. The goal is not to become overwhelmed by pain or emotion, but to recognize it as real and hurtful, giving yourself permission to feel it. The last step may be the most difficult, but it is very important. It includes the vocalization of three statements: It is suffering (or something like that); Suffering is part of human existence (recognize that all people suffer and struggle); The phrase you feel offers compassion, such as, Can I love and accept myself as much as I am. 2. Observer Observer Meditation Observer Meditation (download PDF here) looks at why it is worth separating from our inner thoughts and senses - an important part of acceptance and commitment therapy in which mindfulness plays a big role. Accepting an observer's point of view can help us to lay some distance between who we are and the problem areas in life with which we may be overly identified. To start the exercise, follow these steps: Take a comfortable sitting position, and listen to the script. Allow yourself to settle in your body and your mind. Try to let go of your thoughts and clear your mind of your usual considerations. Focus first on the room you are sitting in. Imagine yourself from the outside as you sit, just as an outsider can. Next, transfer your attention inside into the skin. Try to feel your skin as you sit in a chair. Try to imagine the shape of what your skin does as you sit in contact with the chair, shifting awareness to any physical sensation you experience. As you feel each one, confirm its existence before letting your consciousness let go of it and move on naturally. If you find any emotions coming up, recognize them and create space for them. Then return your attention to your observation of yourself-your feelings and thoughts are, but you are

separated from noticing them. It's the Observer you are. It's This. can be continued as long as you would like, and there are many stages that you can work through it will help you practice being an observer of yourself. This is not an easy exercise at first, because we often tend to react and over-identify with our feelings. If you are having trouble going beyond your own head and body, try practicing self-compassion pause first to make the experience more comfortable. The purpose of Calling Surveillance Self is to enter a separate mode that allows you to take a step back from yourself and your experience. At the same time, however, you connect with a deeper permanent me that does not depend on dynamic emotions. 3. Five Senses Exercise This exercise is called Five Senses, and provides guidelines for practicing mindfulness quickly in almost any situation. All you need to do is notice what you experience with each of the five senses. Follow this order to practice five senses: Notice five things you can see. Look around you and draw your attention to the five things you can see. Choose something you don't normally notice, like a shadow or a small crack in the concrete. Notice four things you may feel. Bring awareness to four things that you are currently feeling like the texture of your pants, the feeling of a breeze on your skin, or the smooth surface of the table you rest your hands on. Notice three things you can hear. For a moment, listen and pay attention to the three things you hear in the background. It can be chirp birds, refrigerator hum, or faint sounds of movement from a nearby road. Notice two things you can smell. Encourage your awareness to the odors that you usually filter out, whether they are pleasant or unpleasant. Perhaps the breeze carries a whiff of pine if you are outside, or the smell of a fast food restaurant across the street. Notice one thing you can try. Focus on one thing you can try right now, at this point. You can take a sip of a drink, chew a piece of gum, eat something, notice the current taste in your mouth, or even open your mouth to look for air to taste. It is a quick and relatively easy exercise to bring you into a conscious state quickly. If you only have a minute or two, or you don't have the time or tools to try a body scan or fill a sheet, a five-feeling exercise can help you or your clients bring awareness to the moment in a short amount of time. 4. 3-Step Mindfulness Exercise You can find another great exercise if you are tied at the time in this 3-Step Mindfulness sheet. There are only three steps in this exercise: Step 1: Get out to draw attention to what you are doing, thinking and sensing at the moment. Try to pause and adopt a comfortable but decent posture. Pay attention to the thoughts that come and recognize your your But let them pass. Set yourself up for who you are and your current state. Step 2: Bring awareness breathing for six breaths or a minute. The goal is to focus on one thing: your breathing. Be aware of your body's movements with each breath, how your breasts rise and fall, how your stomach pushes in and out, and how your lungs expand and contract. Find a pattern of your breathing and anchor yourself now with this awareness. Step 3: Expand awareness outwards, first to the body and then to the environment. Allow awareness to expand to your body. Notice the sensations you experience like tightness, pain, or perhaps lightness in your face or shoulders. Keep in mind your body as a whole as a full vessel for your inner me; If you want, you can expand your awareness even further to the environment around you. Pay your attention to what's in front of you. Notice the colors, shapes, patterns and textures of objects you can see. Be present at this moment, in your awareness of your surroundings. When you are ready to finish the exercise, open your eyes slowly and try to carry that mindfulness with you as you go about your day. 5. Mindful walking along the street Technique One the main process that can be influenced by mindfulness practices is our ability to observe our thoughts, emotions and sensations without reacting to correct them, hide them, or solve them. This awareness creates a space to choose between impulses and action that can help develop survival skills and positive behavioral changes. In the first phase of this intervention, the facilitator helps the client visualize a scenario in which they walk down a familiar street when they look up and see someone they know on the other side of the street. They wave, however, the other person does not react and continues to walk straight past. In the second stage, the facilitator prompts the client's reflections, asking a number of questions: 1. How did you imagine whether you noticed any of your thoughts? 2. How did you imagine you had noticed any of your emotions? In the third and final stage, the facilitator asks the client to think about the series of emotions and thoughts that have appeared, how it affects their behavior, whether the exercise was useful, and for any closing comments. 6. 3-minute breathing space as opposed to meditations or body scans, this exercise is quick to perform and useful in getting mindfulness practice started. With meditation and body scans, thoughts often pop up, and keeping your head quiet and clear can be a challenge. This last exercise of 3-minute breathing space can be the perfect method for those who are busy with life and minds. Exercise is divided into three sections, one per minute, and works like this: the first minute is spent answering the question I'm doing now?, focusing on on thoughts, and sensations that arise, and tries to give those words and phrases. The second minute is spent on maintaining awareness of breathing. The last minute is used to extend the attention outwards from breathing, feeling how your breathing affects the rest of your body. Keeping a quiet mind can be quite challenging, and thoughts often pop up. The idea is not to block them, but to let them come to mind and then disappear again. Just watch them. All the exercises mentioned above can be used for the benefit of themselves, individual customers and even group settings. They are beneficial for all client groups; however, some of them will be better suited than others, so there may often be a method of unbiased trial and error. The most important part of mindfulness is the recognition that it is mind training, and like any exercise will take some time to see the benefits. The trick is to continue, approach the process with self-compassion, and allow for reflection, change and flexibility between different methods and interventions. The introduction of Dialectical Behavioral Therapy (DBT) Dialectical Behavioral Therapy (or DBT) is a type of cognitive behavioral therapy that is mainly used to treat individuals with borderline personality disorders. Dialectical behavioral therapy is characterized by the following steps: The first priority for the treatment of DBT is to target life-threatening behaviours that are often manifested in people with severe mental health problems; Second, therapists seek to eliminate behaviors that interfere with therapies, such as failure to aim for DBT goals, skipping sessions, etc.; Further, DBT therapists seek to correct behaviors that interfere with a client's quality of life, including unproductive relationship behavior, communication problems, and poor financial decision making. Mindfulness is one of the core skills taught at DBT, as it helps clients gain awareness of their own thoughts and feelings (Jennings s Apsche, 2014). The effectiveness of dialectic behavioral therapy-mindfulness In one study, Dialectical Behavioral Therapy-Mindfulness (DBTM) training has been added to general psychiatric therapy to test its effectiveness. The mindfulness module has been designed to help clients achieve a wise mind, and focused on two sets of skills-that skills and how skills (Soler et al, 2012). What are the skills of What? This first set of skills is designed to help the client learn how: Just watch their experiences. Describe their experience with a verbal label. Be fully present at the moment and in your actions without feeling shy. These skills allow the client to be aware of what is happening to them and their in their own experience. Aware of their own thoughts and based in the current forms the basis for The next set of skills is like. How do skills work How? How skills are designed to teach customers how to observe, describe, and participate in their own experiences. This skill set is designed to help customers: Learn to have experience in a non-appraisal and unbiased manner. Focus on one thing at a time and learn to bring your attention back to the goal when they go off course. Be effective, or keep their focus on their goals, regardless of their current mood (Soler et al., 2012). Customers were also taken through a number of other mindfulness activities including conscious breathing, body scans, and other simple awareness techniques. Individuals in this study who received DBTM training, in addition to conventional treatment, had increased benefits compared to a group that received only conventional psychiatric treatment: the more minutes a person spent practicing mindfulness, the greater improvements in psychiatric symptoms (Soler et al., 2012). DBT clearly has much to teach us all in its application of a wide range of mindfulness and exercise techniques. Let's look at a few easy-to-use examples. 5 Simple mindfulness exercises from dialectic behavioral therapy These five exercises are fast and easy and can be put into practice every day. 1. Watch the sheet for five minutes This exercise requires nothing but a sheet and your attention. Take a sheet, hold it in your hand, and give it your full attention for five minutes. Notice the colors, shapes, textures and patterns. This will bring you into the present and align your thoughts with your current experience. 2. Careful eating for four minutes, as with the raisin exercises described above, this exercise calls for a conscious meal. Notice what you are holding, pay attention to the feeling of it in your hands. Once you notice the texture, weight, color, etc., bring your awareness to the smell. Finally, move on to food, but do it slowly and with concentrated attention. Notice the taste and its texture against your tongue. This exercise can help you discover new experiences with familiar products. Download the exercise here as a PDF. 3. Watch your thoughts for 15 minutes This exercise is a staple of mindfulness, designed to simply increase your awareness of your own thoughts. First, sit or lie down in a comfortable position and try to ensure that all the tension in your body dissipates. Focus on breathing and then move your awareness of what it feels like to be in your body, and finally move on to your thoughts. Be aware of what comes to mind, but resist the desire to label or judge those thoughts. Think of them as a fleeting cloud in the sky of your mind. If your mind wanders to haunt thoughts, admit that it was that took your and gently direct your attention back to your thoughts. 4. 4. Bell Exercise for five minutes in this exercise, you start by closing your eyes and listening to the signal. When you hear it, your goal is to focus your attention on the sound and continue your concentration until it disappears completely. This exercise will help you keep yourself firmly grounded now. You can use the audio below: 5. Stare in the center of the goal is simple: focus your attention on the center of the color pattern shift. You can allow your mind to wander freely, noticing all thoughts come to mind, but staying in the present. This experience is similar to the known phenomenon of quiet fixation, which is the result of looking at the flame of a candle or a campfire. The same attention and deep thought may be caused by this exercise, but be careful not to lose yourself in your thoughts and instead stay present with the moment and let your thoughts pass by. This exercise requires a video in practice, you can use one below: Mindfulness Methods of Depression, Anger, Addiction and Anxiety Mindfulness was the essence of therapy for patients with borderline personality disorder, and it also has apps for people without a diagnosis of mental illness. People anywhere on the mental health spectrum can benefit from mindfulness techniques. It helps regulate emotions and can be a useful resource for management and survival (Arch and Craske, 2006; Dubert, Schumacher, Locker, Gutierrez, Barnes, 2016). Mindfulness Depression Mindfulness Mindfulness Techniques care is used in the treatment of depression to reduce symptoms and reduce the risk of debilitating relapse. One study with 11 people suffering from depression concluded that there are three keys to making mindfulness effective in treating depression (Nauman, 2014 June): Mindfulness helps patients learn to be present at the moment, which helps them take a moment to stop, notice their own thoughts and feelings, and choose an answer that is not based on their current emotions. Mindfulness teaches patients that it is normal to say no to others, which helps them to balance their own lives and increase self-confidence. Mindfulness allows patients to be present with others, which means that they are more aware of the state of their relationship and better able to recognize their own communication problems and thus communicate more effectively with others. We have already described a practice focused on relaxing breathing and muscles (e.g. three-minute respite or body scans). The Eye of the Hurricane meditation also aims to tap into your inner peace as a useful way to combat depression. As a therapist, you can progress through the script with your client at any pace seems right. If you are doing this meditation yourself, feel free to use our mindfulness meditation script audio on Same page. The Eye of the Hurricane Meditation has two two First, the eye of Hurricane Metaphor is introduced. As you will find a calm, calm place to sit, take a high but relaxed seating position. Breathe in and deep three times, taking it slowly as you begin to cultivate awareness of your body and any physical sensations that are present. The eye of the hurricane is also a quiet space that exists in the center of the storm. This inner core is peaceful, despite any movement and noise representing our feelings, thoughts and memories. Through this meditation, the goal is to gain access and find your place in this safe, calm inner core - the eye of the storm. While your client notices and can recognize the emotions, events, and sensations that dynamically move with the hurricane, this metaphor helps them visualize themselves in the center. Part 2 is a reflection of what it is like to take a position of observation? Do any other feelings arise as a result of this meditation? Following this guided mindfulness exercise will help you clear your mind to worry about the past or future, and allow you to focus on the present moment in time. If you are interested in learning more about mindfulness techniques for treating depression, you can look at mindfulness-based cognitive therapy. Also watch this inspirational TEDtalk by Sindel Segal, who explains the attentive approach needed not only to address depression, but also to manage recovery and reduce the risk of relapse. By continuing to think through your senses during meditation, you can stop and redirect your attention back to the awareness of sensations in your body. Segal offers many other tips for raising awareness in our physical experience. At one point, Segal asks viewers to think about their legs and later experience the sensation of their legs. The difference is profound and offers a gateway to affordable mindfulness and meditation. Mindfulness Techniques for Anger Mindfulness Techniques can also diffuse acute or chronic anger. As one of our strongest emotions, anger can be difficult to view objectively and diffuse. Mindfulness helps create a space between stimulus and immediate, impulsive response. This method can help you cope with the experience of anger (Cullen, Pons, and Mindful Staff, 2016): First, sit in a comfortable position with your eyes closed and notice places where your body touches the floor, pillow or chair; Take a few deep breaths, filling the lungs and exhaling quickly; Remember a time when you recently experienced anger, preferably a mild or fast-targeted episode. Allow yourself to experience the anger you felt at that moment; Ignore any other feelings that come with this memory, like guilt or sadness; Notice how you feel anger in your body. Pay whether any parts of your body manifest your anger with sensations like warmth or cold, cold, these reactions and whether they change as you observe them or move through your body; Bring compassion to anger. This can be a difficult step, but remind yourself that anger is a natural human emotion that affects us all at one time or another. Try to keep your anger as a mother cradling the newborn, with love and understanding; Say goodbye to your anger. Gradually return your attention to your breathing and rest here for a while while your emotions have subsided or calmed down; Reflect on the experience. Notice the feeling that this exercise is brought up in your body. Notice if they have changed in the process. Please note whether you have applied compassion to your anger and, if so, how you did it. Think about what happened to anger when you showed him compassion. This exercise can be repeated as many times as necessary. It is recommended to work your way from a gentler experience of anger to the most intense and memorable episodes. The practice of this technique can help you diffuse chronic anger in a rather illogical way: by accepting and consciously feeling your anger, you can take control of the experience and compassionately address it. For other resources and techniques to combat anger through mindfulness, you can try our leaves on the MP3 stream. Alternatively, you can follow this 20 minutes guided by anger management mindfulness meditation: Mindfulness Techniques for Anxiety Mindfulness Techniques can also help an undiagnosed person who suffers from random (or not so random) anxiety. A meta-analysis in 2010 advocates the effectiveness of mindfulness exercise on anxiety and depression. The researchers found that mindfulness-based therapy was moderately effective for treating anxiety and improving mood and that the effects continued beyond initial improvements (Hofmann, Sawyer, Witt, Oh, 2010). To begin to apply mindfulness to your anxiety, or that of your clients, Mindful.org provided a brief description of 10 relationships that will help build the foundation for a successful anxiety solution: Will or intention is the building block of all other relationships. First, you should draw your attention to the intention of working with your anxiety. The mind of the beginner This refers to a mindset that is ready to see from a new perspective and consider new ideas regarding the fight against anxiety. Patience Is a very important attitude to cultivate because it can broaden your perspective and help you persistently when you run into obstacles in your way. Recognizing that thinking of recognition means that you accept every experience as it is; you accept what's going on and you're confident that it will pass. This means that you have let go of the value of judgments about yourself and how feel and allows you to start your work with a more balanced starting point. The neglect of this attitude relates to the willingness to accept a situation or experience as it is without trying to change it. To combat anxiety, you must first be present with it and accept your current condition. Self-reliance mentality of self-reliance is characterized by self-confidence and your ability to process your feelings. Cultivating your self-reliance will make it easier for you to recognize the experience, and let go of your anxiety. Letting be or allowing a similar attitude to non-aspiration, allowing to be or allowing refers to thinking allows one's self to feel anxious. Often it is more effective to work with anxiety than to waste energy trying to deny or fight it. Self-compassion, as mentioned earlier, showing compassion is an important part of mindfulness. Being as kind to yourself as you would be to a dear friend or family member can help you reduce your anxiety by being a support for yourself. Balance and composure These relationships allow wisdom to develop through an expanding perspective. They require understanding that your whole experience is greater than your current feelings, whether positive or negative. Take note of how you feel. After that, reflect on your experience and describe it, with a special emphasis on your feelings during the process. For a fairly simpler method of applying anxiety care, you can try this quick exercise: Focus on the sensations that arise in your body when you are worried; To be present with the moment; Let yourself think of disturbing and disturbing thoughts. Recognizing these thoughts as they are, you may realize that they are not true, and therefore be able to let them go (Hofmann, 2013). If you are interested in trying other mindfulness exercises to address anxiety, you can check out our wide range of mindfulness articles. For more information about anxiety, and how to approach dealing with it through mindfulness, you can also listen to The Dr. Kim Taylor Show. It clarifies the signs and symptoms of anxiety and offers methods for treating and managing anxiety. The methods of care for addiction are a serious problem that should be addressed by a mental health professional or institution that is proving effective in curing addiction. However, there are some mindfulness techniques you can use to supplement addiction control. Appropriate reading: 26 mental health exercises and activities based on scientific care have been shown to help those who suffer from addiction, reducing their use and reducing the occurrence of longer-term mental problems (Extinguish Addiction, 2016). The practice of mindfulness increases the number and power of connections brain, allowing us to become more aware of our body and more to regulate our emotions. It also helps people recognize, tolerate and cope with negative emotions (Extinguish addiction, 2016). One method of mindfulness is specifically designed for those who suffer from cravings. There is a theory that people develop cravings through stimulation of sensitization, a process that occurs in four stages: Re-exposure to an addictive substance leads to hypersensitization, meaning that a substance or substance will have a greater effect on neurobehavioral response in the future; Hypersensitization leads to the stimulus of salience, a desire for a substance that goes far beyond simple preferences; The stimulus salience all but ensures that the person will repeat the behavior; This unconscious process develops in a conscious craving for matter. The result of this process is a very strong relationship between the substance and the reward (the feeling a person gets when using a substance). Following this theory, it is not human's fault that they experience cravings. They are not punished by the urge to be weak, lazy or unwilling to stop. Pulling like intruders on your mind, uninvited guests who try to influence behavior. Thus, those who struggle with addiction can use mindfulness to stop, identify cravings and label them as intruders, and thus give themselves permission to ignore them. Mindfulness can turn cravings into fleeting thoughts that can disappear simply by acknowledging their presence (Mindfulness Meditation, 2017). For more information and guided meditation on anti-addiction cravings you can watch this short video by Jessica Graham: If you're looking for more information about the neurological origins of our addictive behavior and how we can challenge addiction at the brain level, you can watch this fascinating conversation by Dr. Judson Brewer: Take-Home Message I hope I've provided you with enough techniques , exercises and activities to bring you and your clients the benefits of mindfulness. Mindfulness can be useful for different groups of the population. It is a relatively simple practice with significant results on the brain that can improve the quality of life, self-confidence, and peace of mind of those who use it. If you haven't already, consider trying the activity mentioned above. Over time, exercises help raise awareness of our bodies, our thoughts, and ourselves. Feel free to share your experiences with mindfulness in the comments below, as well as any techniques or exercises that you use to cultivate mindfulness in your life. We hope you enjoyed reading this article. Don't forget to download our 3 Mindfulness Exercises for free. If you want to learn more, Mindfulness X© this is our 8-module mindfulness training package for that contains all the materials you need not only Your mindfulness skills, but also learn how to deliver science-based mindfulness training to your clients, students or employees. Arch, JJ, and Kraske, M.G. (2006). Mechanisms of mindfulness: Regulating emotions after purposeful induction of breathing. 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