

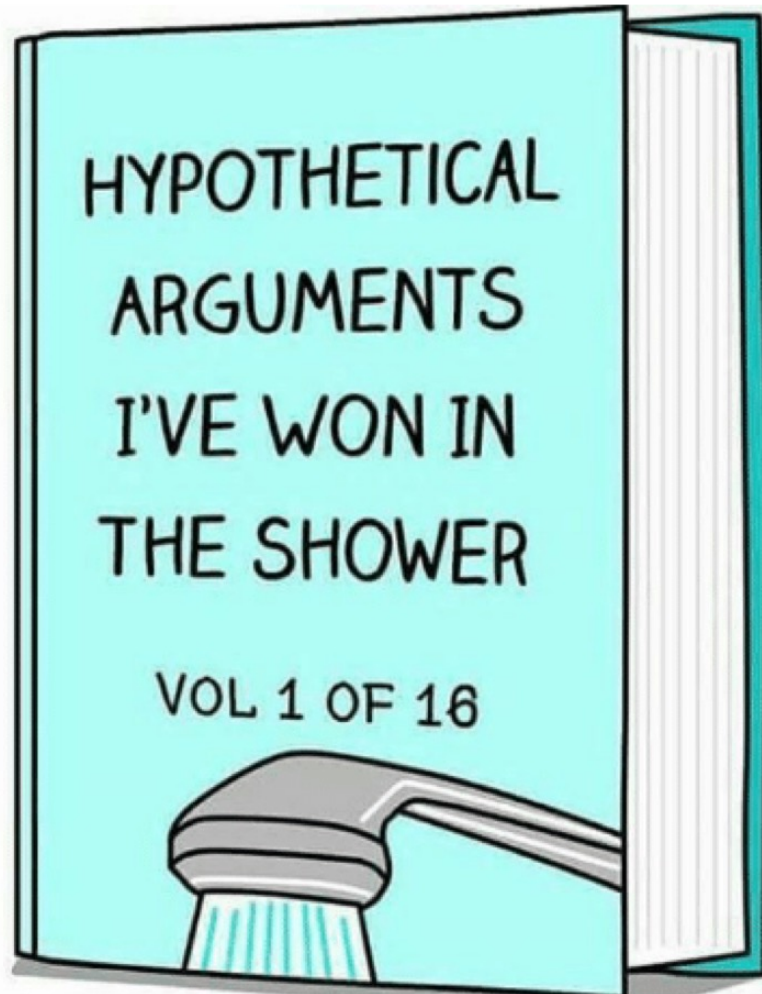
# REAL LIFE MINDFULNESS

ANNA DELONG, LCSW, MINDFULNESS TEACHER



[CLICK HERE for REAL LIFE MINDFULNESS VIDEO](#)





Our body is always  
in the present  
moment, It is our  
mind that takes us  
away.

A. C. Gaharaty

# Three Simple Steps:



FOCUS

NOTICE

REDIRECT

# Different ways we listen....

- ▶ Listen for information
- ▶ Listen to confirm our own ideas
- ▶ Listen to debate
  
- ▶ **Mindfully Listen to understand**



# Micro Reflective Practice (M.R.P.)

## Takes just three noticed breaths

M. Inhale - gather attention, exhale - notice eye muscles and tongue

R. Inhale re-gather attention, exhale - notice shoulders and feet

P. Inhale - recall your intention, exhale - affirm your intention

# Resources

Real Life Mindfulness Sheet

Guided Audio Exercises – FEAP Tune As You Go

- ▶ [G.R.A.C.E Practice](#)
- ▶ [Ground with Sound](#) – of Ticking clock
- ▶ [Tips for Practicing in the shower](#)

[Healthy Minds App](#) from Center for Healthy Minds

eM life [One % Challenge](#)

Insight Timer

# Books

- ▶ Peak Mind by Amishi Jhar
- ▶ Altered Traits by Ritchie Davidson and Dan Goldman

Sweeping Changes by Gary Thorp

- ▶ Into the Magic Shop: A Neurosurgeon's Quest to Discover the Mysteries of the brain and the Secrets of the Heart by James Doty, MD
- ▶ Say What You Mean: A Mindful Approach to Nonviolent Communication by Oren Sofer and Joseph Goldstein