

Living a More Mindful Life

WHY

Benefits of practicing mindfulness?

Accumulating evidence has shown the many benefits of mindfulness to improve our mental and physical well-being

SOME BENEFITS OF MINDFULNESS

- Reduce stress and anxiety
- Be less reactive and feel more in control of how I respond to things
- Improve immune function, blood pressure, and cortisol levels
- Spend less time in autopilot
- Maintain more calm
- Boost my resilience
- Help with insomnia
- Increase compassion to myself and others
- Improve my focus

WHAT is mindfulness?

One definition of mindfulness is **paying attention** to the **present** moment **on purpose** with an attitude of **curiosity, compassion,** and **non-judgement.**

HOW

can you practice mindfulness?

*Because practicing mindfulness is a mental training, the most important thing to practicing mindfulness is **CONSISTENCY.***

A few ways to practice mindfulness:

yoga – walking in nature – sound baths – mediation
forest bathing – drawing and painting

DISCUSSION

POTENTIAL MEETUP QUESTIONS TO EXPLORE

- What does mindfulness mean to you? Are there ways you currently practice mindfulness?
- Do you find your thoughts often ruminating on the past or worrying about the future rather than being aware of the present moment? How has this impacted your well-being?
- How much of your life do you spend distracted vs attentive to the present moment? How has that impacted you?
- How much of your day do you spend in autopilot?
- How often are you reacting to the things that are happening vs. responding to what is happening? Do you tend to pause before reacting to situations? What does reacting vs. responding mean to you?
- Do you find it easy to stay focused on a task?
- Are you aware of how you are feeling from moment to moment?

Who is Thi Doan?
Fine Artist
Mindfulness Educator

Find more creative mindfulness:
www.ThiDoanArt.com/Workshop

Let's connect!
[@ThiDoanArt](https://www.instagram.com/ThiDoanArt)

A Tree - Body Scan



Take a moment to bring your attention to your body. Take a nourishing breath. Then slowly bring your attention and breath to different parts of your body.



Perhaps starting with where your feet touch the ground. Feeling what roots extend into the earth. How deep they go, how far they expand, how intertwined they may or may not be. The soil around your roots - is it dry or full of nutrients?



Notice your energy and emotions as your attention travels upwards. Without judgment. With curiosity. Perhaps noticing the support beneath your seat. How supported you feel. The space that you take up. The direction of your growth. Some trunks go straight up. Some, because of obstacles in their way, bend to avoid them.



Keep being curious. Allowing your breath to move up in your body. What directions are you branching out at? What shapes do they take? Where do they reach for? What is blooming even if it's not visible yet?

Draw/Color your tree. There is no right or wrong way to do this. Observe your self-talk as you do this exercise. And gently invite your attention back to the present moment of drawing and coloring. Allow yourself to play and be curious.

