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## Episode 6 : Mindfulness

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## Mindfulness Script

Hey y'all Mandi here with episode 6 of the SAS podcast.

Today we are going to talk about mindfulness.

When we spend too much time planning, problem-solving, daydreaming, or thinking negative or random thoughts it drains our energy. It can also make us more likely to experience stress, anxiety and symptoms of depression.

Practicing mindfulness exercises helps us direct our attention away from this kind of thinking and engage with the world around us.

So let's start by defining what we mean by "mindfulness".

Mindfulness is a type of meditation where you focus on being **intensely** aware of what you're sensing and feeling in the moment, but **without** interpretation or judgment.

When we say it like that the concept is pretty straightforward.

It's easy to practice mindfulness when we are already centered and calm. The hard part is to practice when we need it most. When we are feeling anxiety and stress. When the world is a place that seems scary or out of control. Times like these are when we will most feel the benefits of having a mindfulness practice.

So let's move on to the how. How do we practice mindfulness?

One of the easiest techniques is S T O P or stop.

This stands for:

-Slow down

-Take a breath

-Observe: what are you feeling in your body? What are you thinking? What other possibilities exist?

-Proceed, considering multiple possibilities.

Another easy way to practice mindfulness is to simply focus on your breathing. Sit down and take a deep breath. Focus only on your breath as it moves in and out of your body. Do this for at least one minute.

If you are able to set aside time each day you can practice more structured mindfulness techniques. Like a sitting or walking meditation.

For the first start by sitting comfortably with your back straight, feet flat on the floor and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body.

If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.

If sitting doesn't work for you, try a walking meditation. Find a quiet place 10 to 20 feet in length, and begin to walk slowly. Focus on the experience of walking, being aware of the sensations of standing and the subtle movements that keep your balance. When you reach the end of your path, turn and continue walking, maintaining awareness of your sensations.

You can do this in your house, out in your yard or in a near-by park or wooded area. It will be easier to practice this meditation if you can find a space that is free of people or other distractions.

These are just a few of the ways you can practice mindfulness. You can do it first thing in the morning, during a break for lunch or after you have completed your classes.

Whatever schedule you choose your aim should be to practice mindfulness every day for at least a month or longer. The longer you practice daily mindfulness the larger the benefit.

That's all for us today. Thanks for listening. As always SAS is here to help.