

Mindfulness

Mindfulness is a mental state achieved by intentionally focusing one's awareness on the present moment.

- Accepting one's feelings, thoughts and physical sensations
- A non-judgmental attitude of present moment experiences or events
- Experiential: you have to do it to understand what it is and practice regularly to notice the benefits

Mindfulness Experientials

- * Meditation
- * Recalibration (Diaphragmatic Breathing)
- * Body Scan
- * Progressive Muscle Relaxation (PMR)
- * Imagery / Visualization
- * Yoga
- * Spirituality / Prayer

Start small; 5-10 minutes per day

- Set reminders to practice until you have created a new habit

Have patience

- If mind wanders (which it will), gently bring it back

Find creative solutions

- Use the skills you already have

Intentionally bring more awareness to your daily activities:

- Noticing one new thing "on watch"
- During colors
- Driving
- Prayer

Repeat

- Keep doing this over and over!

Benefits of Practicing Mindfulness

- ✓ Enhance operational readiness
- ✓ Improve performance under pressure
- ✓ Improve decision-making
- ✓ ACT instead of REACT
- ✓ Improve stress management
- ✓ Improve sleep quality
- ✓ Increase situational awareness
- ✓ Increase self-regulation
- ✓ Enhance focus and concentration
- ✓ Improve problem-solving
- ✓ Increase self-awareness
- ✓ Improve learning and memory
- ✓ Improve pain management
- ✓ Improve overall health and well-being

Mindfulness Resources

Meditation 101



Mindfulness Coach App



Breathe2Relax App



Chill Drills



Mind Body Mental Fitness



COVID Coach

