

# MINDFULNESS SKILLS

## What

do I do?

### Observe

*just notice*

- ✓ just notice what's going on in your experience without trying to change it
  - ◆ sights
  - ◆ sounds
  - ◆ sensations
  - ◆ thoughts
  - ◆ emotions

### Describe

*put words on what you notice*

- ✓ describe what you experience in as few words as possible
  - ◆ "I see a chair."
  - ◆ "I hear the sound of talking in the next room."
  - ◆ "I feel a heavy feeling in my chest."
  - ◆ "I notice that my mind is worrying."
  - ◆ "I feel anxious."

### Participate

*do what you are doing 100%*

- ✓ whatever you do, try to be present and fully engaged
- ✓ not off in your mind somewhere else

## How

do I do it?

### Nonjudgmentally

*without judging*

- ✓ let go of judging your experiences
  - ◆ good and bad
  - ◆ should and shouldn't

### One-mindfully

*notice one thing at a time*

- ✓ Focus fully on the present moment
  - ◆ One thing at a time

### Effectively

*do what works*

- ✓ do what works for your goals and values
- ✓ not what your mind says is "right"
- ✓ not what your mind says you "should" do

