



Reminding women to breathe.

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Practicing Mindfulness

What is mindfulness? Mindfulness is simply being present in whatever moment you are in RIGHT NOW.

Many folks mistake mindfulness as being something that you have to plan for. However, it is the very opposite. You can practice mindfulness while holding a hot cup of coffee or tea. While giving your children a hug or even when you feel yourself getting ready to explode.

Finding a moment in your day where you can spare time for YOU, is also one way to practice mindfulness. The best times are early in the morning and before you end your day.

Stop, Notice, Accept, and Pay attention to your breath.

Notice your body sensations. Are your shoulders raised? Is your brow furrowed? Your jaw tight? Your breath shallow? Accept that this is how it is in this moment.

Offer yourself some compassion.

Pay attention to the breath for a moment, simply noticing as it comes and goes, without trying to change it.

When your mind wanders to the stresses at hand, gently redirect your attention back to the breath.

Repeat

“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.” Audre Lorde