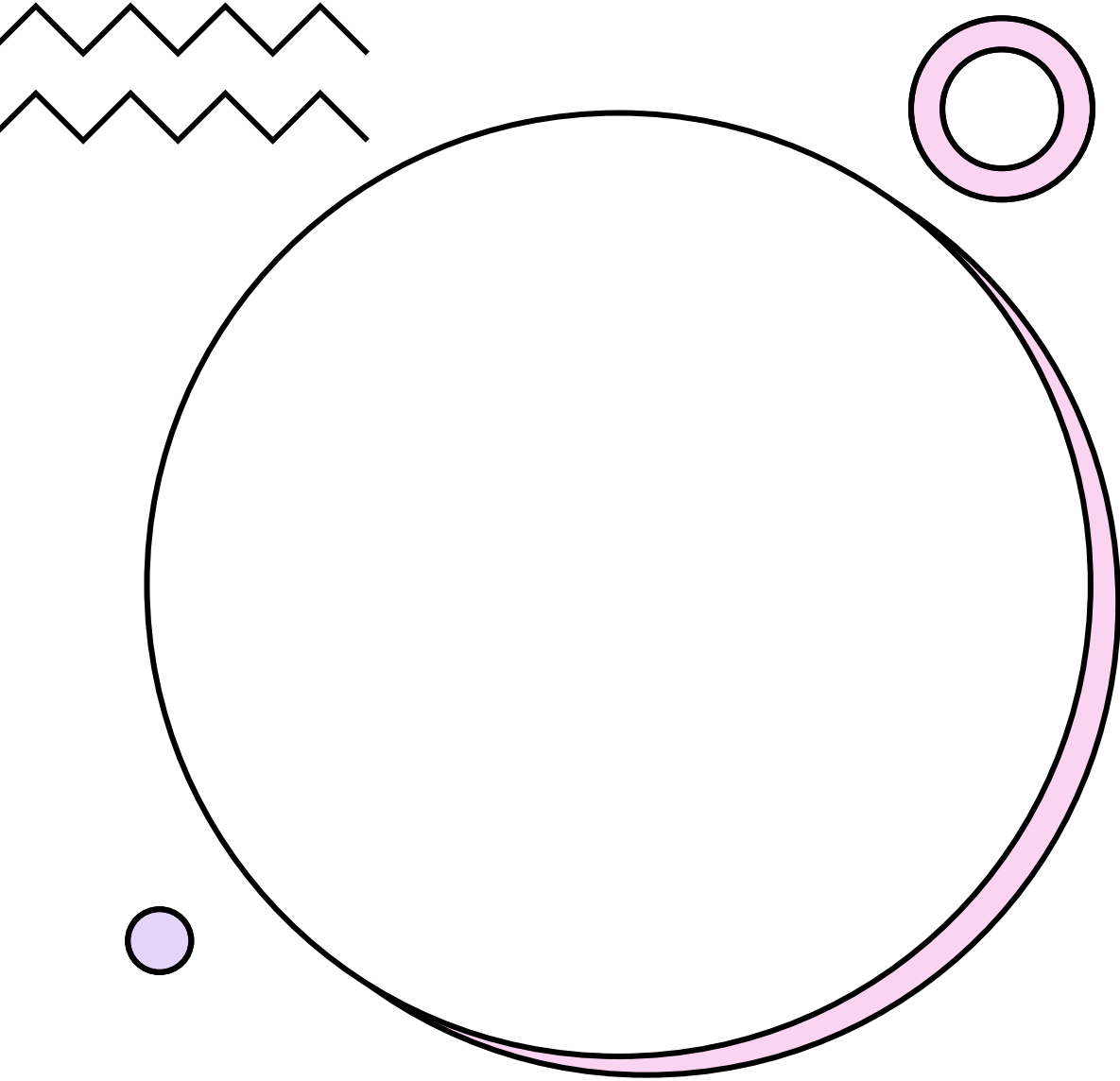




MINDFULNESS

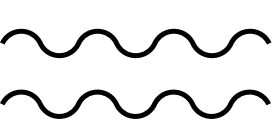
POSITIVE BEHAVIOUR AND
HAPPINESS

(INFO FROM ACTION FOR HAPPINESS
WEBSITE)



- **What is mindfulness?**

- Mindfulness is "openly experiencing what is there." It is about having as full as possible awareness of what is around us - what we can see, hear, touch and taste. And what is happening inside - our thoughts and feelings. Crucially it is about observing all this but not getting caught up in thinking and worrying about what we are observing. It then gives us more control of what we decide to give our attention to.



You can bring mindfulness into your day at any time when you're awake.

It is a skill that is often associated with meditation, but it's not just

practiced when sitting silently. Learning how to meditate is just one way

(albeit a very good one) of learning and practicing mindfulness.

Being more engaged in the present moment can lead to a richer

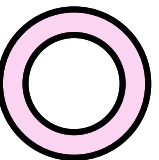
experience of the things that might otherwise pass us by while we are

wrapped up in thoughts about the past or relentlessly thinking about

what we are doing next. For example noticing the leaves dancing on a

tree, a bird soaring in the wind, the smell of new blossom, the colour of

the sky or the smile on the face of someone as they pass by.

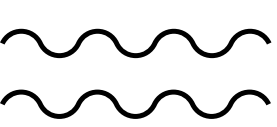




Being mindful

To be mindful is not something mystical - it has been practiced across different cultures for millennia, and forms of it can be found in all the major faiths including Christianity, Judaism, Islam as well as Buddhism. But mindfulness does not require any form of religious faith or belief - it is available to all. And perhaps it's better thought of as something that has been lost in recent generations as the speed of life and amount of information we process has increased.





POSITIVE EMOTIONS

IN ADDITION TO ITS BENEFITS FOR OUR HEALTH AND PSYCHOLOGICAL FUNCTIONING, MINDFULNESS HAS BEEN SHOWN TO DIRECTLY INCREASE OUR LEVEL OF POSITIVE EMOTIONS IN A NUMBER OF DIFFERENT SCIENTIFIC STUDIES.

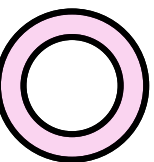


OTHER PSYCHOLOGISTS HAVE SHOWN THAT OUR ABILITY TO SAVOUR POSITIVE EXPERIENCES IN OUR LIFE IS AN IMPORTANT COMPONENT OF HAPPINESS. WHILE WE CAN SAVOUR PAST EXPERIENCES AND LOOK FORWARD TO FUTURE ONES, SAVOURING THE PRESENT IS IMPORTANT. IT IS A WAY OF BEING MORE MINDFUL THAT WE CAN BRING INTO OUR DAY-TO-DAY ACTIVITIES TO EXTRACT THE MAXIMUM FROM THE EVERYDAY. FOR EXAMPLE, EATING A FAVOURITE FOOD, SITTING IN A GARDEN OR PARK OR RELAXING IN A HOT BATH.



DON'T COMPARE

ONE FACTOR THAT IS TOXIC TO OUR LEVELS OF HAPPINESS IS SOCIAL COMPARISON AND WANTING WHAT WE DON'T HAVE, FOR EXAMPLE: A BETTER PHONE OR CAR OR A BIGGER HOUSE.





KINDNESS CALENDAR: DECEMBER 2020



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

7 Leave a positive message for someone else to find

14 Share a happy memory or inspiring thought with a loved one

21 Appreciate kindness and thank people who do things for you

28 Be kind to the planet. Eat less meat and use less energy

1 Share the Kindness Calendar with others and spread kindness

8 Do something helpful for a friend or family member

15 Contact an elderly neighbour and brighten up their day

22 Congratulate someone for an achievement that may go unnoticed

29 Turn off digital devices and really listen to people

2 Contact someone you can't be with to see how they are

9 Notice when you're hard on yourself or others and be kind instead

16 Look for something positive to say to everyone you speak to

23 Choose to give or receive the gift of forgiveness

30 Let someone know how much you appreciate them and why

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

17 Practice gratitude. List the kind things others have done for you

24 Bring joy to others. Share something which made you laugh

31 Plan some new acts of kindness to do in 2021

4 Give kind comments to as many people as possible today

11 Be generous. Feed someone with food, love or kindness today

18 Give away something that you have been holding on to

25 Treat everyone with kindness today, including yourself!

5 Make a gift for someone who is homeless or feeling lonely

12 Buy an extra item and donate it to a local food bank

19 Buy locally and support independent shops near you

26 Get outside. Pick up litter or do something kind for nature

6 Support a charity, cause or campaign you really care about

13 See how many different people you can smile at today

20 Contact someone who may be alone or feeling isolated

27 Call a relative who is far away to say hello and have a chat

Let's look beyond our differences and help each other. Every act of kindness matters



Negative Thinking Patterns

ALL OR NOTHING

Everything has to be perfect or else it's a failure!

CATASTROPHIZING

I got a B on the test. I'll probably get held back a grade!

NEGATIVE SELF-LABEL

I got that question wrong. I'm so stupid!

MINIMIZING

I scored the game winning goal, but anyone could have done it!

PERSONALIZATION

I'm pretty sure he hates me! I can just tell by how he said my name!

JUMPING TO CONCLUSIONS

No one is looking at me. They must hate my new shirt!



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