

AWARENESS

Practice Exercise

“I Haven’t Got a Minute”

As you complete this exercise, take a few minutes to write about your experience – thoughts, emotions, reactions.

How you felt before and after the exercise

Attachment to Experience

We can easily cling on to pleasant experiences but tend to try to avoid or deaden (lock away or ignore) any unpleasant ones.

By knowing how we respond to stressful or unpleasant events we become more aware of different ways we can respond to them to enhance our well being.

Our Thoughts - JUDGEMENTS or FACTS?

Our thoughts are not always factual. They are often opinions or judgements.

Example: If someone says to you that you are useless, this is their **JUDGMENT**, IT IS NOT A **FACT**.

Most of us will respond to this statement in some negative way and feel that the emotions this statement stirs up are beyond our control.

Throughout life we all encounter lots of types of judgements and they can have a lasting effect on our lives.

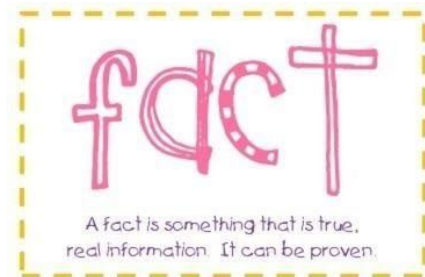
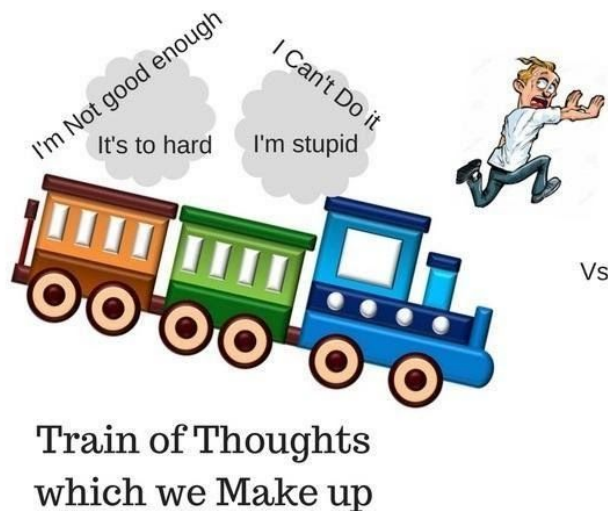
With mindfulness we begin to understand ourselves.

We learn how to deal with these types of situations, can manage our thought/emotion process and learn to think more positively, letting go of the negative effects that do not serve us.

How we can do this:

Begin with becoming aware of the situation and our reaction to it.

Example: Thoughts in a driverless Train



I am Kind
I am Loving
I am caring
I am grateful

Acceptance of other People's actions

We can all react differently if triggered by other people's actions and usually this would be in one of the followings ways,

Getting stressed, irritated, angry, anxious, emotional.

So, what if we just **ACCEPT** it, as **IT JUST IS**, and as we already are. By becoming aware of how we usually would react, we have the power to change it.

Just by recognising our reaction and being aware of it we can now change it by using the mindfulness' techniques you are learning. The result will be more favourable and beneficial to **YOUR OWN BODY, MIND and YOUR OWN WELL BEING.**

Question: Who is causing Negative thoughts and emotions affecting YOU?

Quote from Victor Frankl

(Viktor Emil Frankl was an Austrian neurologist and psychiatrist as well as a Holocaust survivor)

“Between Stimulus and Response, there is a space. In that space lies our freedom and power to choose our response. In our response lies our growth and freedom”

What is a stimulus?

So what does this mean to you?

Example

Someone stands on your foot

What is your reaction?

What are the feelings/emotions that arise?

The action (Standing on your Foot) was the Stimulus

The reactions are how you are feeling and what you do, your reaction. These are usually instant.

Where is the “space in between” in this example?

Exactly

There doesn’t appear to be any space!

What if you were to take a breath?

This breath creates a space. You have created a moment

In this moment we can choose how to respond. How you respond will determine how you feel in that moment and afterwards.