

MINDFULNESS SKILLS: DON'T OVERTHINK

PRESENTED BY:
COUNSELING SERVICES



WHY CHOOSE MINDFULNESS?

Devoting excessive time to self-reflection can lead to stress. Studies indicate that embracing the present moment—stepping away from overthinking and cultivating conscious awareness of one's surroundings—typically fosters greater happiness and reduced stress levels. Engaging in mindfulness exercises can assist in managing thoughts and emotions effectively.

MINDFUL MEDITATION

As you navigate through life, it is common for thoughts, emotions, and experiences to arise and fade swiftly, often without conscious awareness. You may find yourself speaking or acting based on your feelings, without fully recognizing the underlying influences. Through the practice of mindfulness meditation, you can cultivate a heightened awareness of these influences by consciously observing your thoughts, emotions, and physical sensations from a detached perspective.

STEPS FOR SUCCESSFUL MEDITATION

- Find a place free of too much noise or distraction to practice.
- Take a seat on a cushion, the floor, or in a chair. Maintain an upright posture that facilitates effortless breathing.
- Shift your attention towards your breath. Observe the sensation of the breath flowing into your body and reaching your lungs. Be mindful of the physical sensations within your body as you exhale. Keep your focus attuned to the experience of breathing.
- It is natural for your mind to wander. Avoid passing judgment on your thoughts. Adopt the perspective of an external observer, noting, "I am having a thought." The same approach applies to your emotions. Whether it's sadness, worry, happiness, or excitement, take notice of how these emotions manifest in your body. Recognize and accept your feelings, even if they are uncomfortable. Simply observe and acknowledge, saying to yourself, "I am experiencing this emotion."
- When the thought or feeling passes, return your focus to your breathing and your body.
- Try to practice for at least 10 to 15 minutes. If you are more experienced, aim for 30 minutes.