

Mindfulness for the Busy & Restless

Dr. Lisa Belanger

What is mindfulness?

Mindfulness is paying attention to what you are paying attention to. It is the practice of becoming present by focusing on something internal (ie: big toe) or external (ie: a candle) and actively bringing your thoughts back to what you are focusing on.

Your brain on mindfulness

Mindfulness- 3 minute video

<https://www.youtube.com/watch?v=mjtfyuTTQFY>

How Mindfulness Can Reshape Your Brain- Dr. Sara Lazar

<https://www.youtube.com/watch?v=m8rRzTtP7Tc>

Practices

Tactical Breathing

Breathe in 1-2-3-4

Hold 1-2-3-4

Breathe out 1-2-3-4

Hold 1-2-3-4

Cup of Mindfulness

Pick up your mug and hold it in your hands

- Focus on what the warmth feels like in your hands

Bring it close to your face- take a deep breath

- Notice the warmth, steam, aroma
- Notice the sensation of what is happening in your nose

Take a small sip- don't swallow

Hold it in your mouth or a couple seconds

- Taste, sweetness, bitterness, smooth, creamy, hot and then cooling temperature in your mouth
- What part of your tongue is effected

Swallow

- Notice the liquid goes down your esophagus

Shower

Leave electronic devices for away from the bathroom (make sure you cannot hear them)

- Name the articles of clothes as you take them off

- Feel the warm water hit your body- which part of your body is the water touching
- Take a moment to be thankful for warm, running water
- Notice your thoughts- do they go to planning the future or dwelling on the past
- Wash yourself in a different way than normal- in a different order
- Notice any smells your products
- Step out and dry yourself- keep present

Mindful in 10 seconds

Sit comfortably with both feet on the ground.

Take one deep breath in. Breathe into your mind. Notice how your mind is doing.

Take one deep breath in. Breathe into your body. Notice how your body feels.

Take one deep breath in. Breathe into your heart. Notice how your heart feels.

While Driving

As you initially sit in your car- set your intention to be mindful

While sitting there, take a few deep breaths

Start to drive

Become aware of your body- feel your hands on the steering wheel

Notice the weight of your body on the seat

Notice your foot on the pedal

What are you looking at as you drive

Notice the sounds you hear

Draw your awareness to any smells

Resources

Books

10% Happier by Dan Harris

Unplug by Suze Yalof

Mindfulness: A Practical Guide to Finding Peace in a Frantic World by Mark Williams and Danny Penman

Apps

Calm

Headspace

The Mindfulness App (free)

Teaching Mindfulness to Children

<https://www.youtube.com/watch?v=yYQKF-9poLM&list=PLEnDXBMUtQ1OQvUi4487LyyQUY12qOznQ>

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