

The Stylist You Envision

Mindfulness Training:

You can find many ways to practice mindfulness. There are many avenues toward compassion and awareness of the present moment.

Try many activities to find ways that work for you to practice mindfulness.

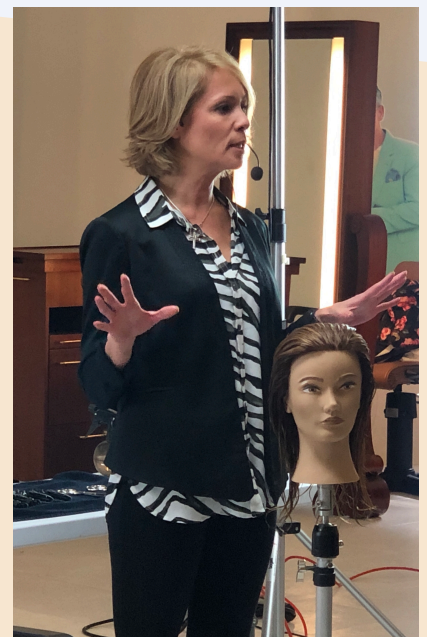
Consider these simple mindfulness activities:

1. **Body Scan.** You can release tension and come back to the center of the present moment by checking your body for tightness. Do this by sitting comfortably or laying on your back. Begin at your toes and work your way up your body, relaxing each of your muscles as you go.
2. **Pay attention to your five senses.** Name things you hear, see, feel, taste, or smell. By doing this, you're remaining observant of where you are right now, and you're connecting yourself to this moment.
3. **Practice mindfulness meditation.** You can simply sit and pay attention to your breathing. You don't have to breathe in a particular way. Simply notice your breath. Avoid judging intruding thoughts. Acknowledge them and then return your attention to your breathing.
4. **Mindfully eat your favorite food.** Sit with your plate in front of you. Look at all of the food and smell the delicious smells. When you take a bite, pay close attention to the taste and texture of each food.
5. **Color in a coloring book.** Coloring is an excellent mindfulness skill. It's fun and it's a great way to get your energy out without acting on it in a negative way. Pay attention to the colors and all of the shapes you're coloring. You can set a timer for 15 minutes of coloring and see how relaxed you feel at the end.

With all mindfulness activities, your thoughts will likely drift. If they do, simply come back to the moment. You never need to judge yourself for getting lost in thought again.

When you're truly mindful, you have no judgments on anything. You're able to simply sit in the moment and tolerate what you're going through. Mindfulness brings more enjoyment to each moment.

When you can truly appreciate this, you will find compassion blossoming. Having compassion in the present moment connects mindfulness to self-compassion. Self-compassion and mindfulness work together to create a full love for self and life.



Mindfulness and Self-Compassion:

When you're able to truly be in the moment, you will have easy access to a deep well of self-compassion and compassion for those around you.

When you're sitting in the present moment, pay attention to having compassion for the moment. Take that compassion and turn it inward. Self-compassion comes from the moment, when you're able to truly give yourself the love and appreciation you need. When you're practicing self-compassion, you're embracing each part of you in every moment.

When you're mindful in the moment, take your attention to yourself. If judgments or regrets come up, simply respond with deep self-compassion. What would you say to your very best friend?



If you're suffering, how do you speak to yourself? If you made a mistake or lost an opportunity, how would you speak to yourself? In times when you're being critical of yourself, you can use mindfulness skills to increase your self-compassion and be better able to tolerate the present moment.

One effective way to arrive back at self-compassion is by taking a self-compassion break:

To begin, take a few deep breaths. Relax your shoulders and ease the tension in your jaw. Give yourself a hug and comfort yourself. Give yourself all of the kindness that you would give to your closest friend. Allow yourself to feel loved and grounded in the present moment.

When you've found self-compassion for yourself, you can begin to spread that compassion to all beings.

Imagine your compassion growing and growing. By starting small with mindfulness, you will see all of the ways you can implement it in your life. Over time, you can continue to advance your practice and find even more appreciation for the present moment.

Next time we explore Letting Go of What Holds You Back...

**As your
self-compassion
grows, so will
your compassion
for all beings.**