



Moonlight Talk Digest

Mindfulness

Can my life be improved by Mindfulness?

Mindfulness, related to meditation and relaxation, is the practice of focusing our attention on the present moment to relax the mind and body.

Practicing Mindfulness:

Below each prompt, share what you notice during your experience.

Noticing breath:

Direct your attention to your breathing. You don't have to change it - just notice. How does your chest feel as it moves up and down? Your belly? See if you can notice the sensation of air moving in and out of your nose.

Noticing thoughts:

Take a minute to notice your thoughts. As they come, acknowledge them and try responding neutrally. It might be helpful to label your thoughts, such as "I am experiencing judgment," or "I am having a memory." After noticing and labeling each thought, let it drift away.

Noticing sounds:

Take a minute to listen to your surroundings. What are five things you can hear right now? What do you notice that you weren't hearing before?

