

Mindfulness Resources

STOP PRACTICE

Take a couple of minutes to be mindful throughout your day. Shift the gears of your mind from doing/thinking mode to being mode.

S: Stop what you're doing in this moment, pause.

T: Take 3-5 breaths - this reconnects you with the present moment.

O: Simply observe with kind awareness what is going on inside - breath, body sensations, thoughts, emotions. To get more specific ask yourself: What am I thinking right now? What am I feeling? What are my intentions right now?

P: Proceed with your day with this new sense of mindful awareness.

Resources – Books, Apps and Websites

Apps: Try the guided Mindfulness Meditations on Insight Timer and Calm

Books and Websites:

Mindfulness for Beginners by Dr. Jon Kabat-Zinn

Real Happiness: The Power of Meditation by Sharon Salzberg

Mindful.org - Mindfulness online publication

Marc.UCLA.org

To learn more about my mindfulness workshops or to schedule a one-on-one or group session, contact me at 703-622-3459 or email npmindfulcoach@gmail.com. You can also find additional resources at www.npmindfulcoach.com.