MINDFULNESS means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations and surrounding environment in an accepting way. It is a mental state achieved by focusing on the present and living in the now.

MINDFUL WRITING

WHERE DO I START?

- Gather your supplies, i.e., a pen or pencil, paper or a notebook.
- Find a quiet area with minimal distractions.
- Turn on some soft, relaxing music.
- Find something you want to write about: could be a memory, a story, or just a stream of your current thoughts.
- As you write, notice any feelings or sensations going through your mind and body. Don’t judge your thoughts, just recognize them, then let them go.
- Take deep, calm breaths as you write.

WHAT IS MINDFUL WRITING?

Mindful writing is exactly what it sounds like: writing while being mindful. However, it goes deeper than that. It allows us to express whatever thoughts may be running through our mind or sensations within our bodies. It involves concentration, focus, attentiveness, and creativity. It helps us to sift through the excess stimuli of our everyday lives—work and family responsibilities, social obligations, etc.—and bring ourselves back to the present moment, focusing on the here and now.

ANY QUESTIONS OR SUGGESTIONS?

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