

# Mindfulness Doesn't Have to be a Chore

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# Session Focus

- We should be able to:
  - Define mindfulness
  - Understand the various ways to practice mindfulness
  - Utilize different modalities to view and implement mindfulness skills



# What It Feels Like...



# What Mindfulness is not...

- A hindrance to progression
- A substitute for religious affiliation
- A way to isolate and become dissociative

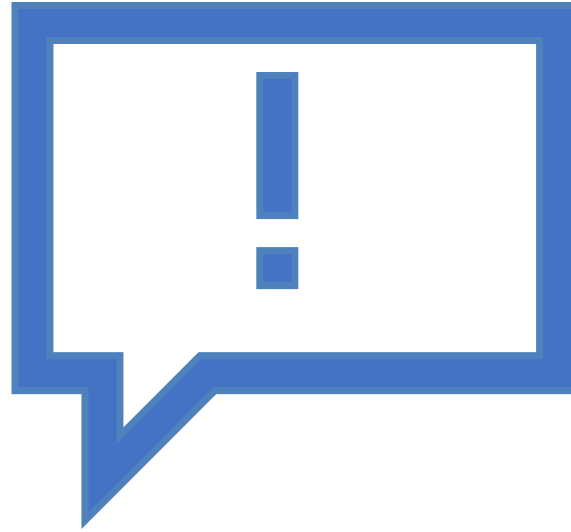




What Mindfulness  
is...

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# Moment to Moment Attention



considered a naturally occurring, inherent characteristic, assessed by asking individuals to report on their tendencies to have sustained attention to what occurs in the present moment of daily life



Just  
Breathe

∞

In the Here and Now

# remain open and accepting of how we are feeling in the moment

## Nonjudgmental Attitude


Judging could sound like, 'this is stupid', 'I'm not going there', 'No time for that', (fill in the blank).

These statements are NOT ALLOWED!





# Detach from Unhealthy Thoughts



- Take a break from negative thoughts.
  - Allow a certain amount of time with the thought then move to the part of your day.

# Forgiveness and Gratitude

- Gratitude involves both acknowledging good things that happen and recognizing that the sources of goodness are outside of ourselves.
- Forgiveness involves responding positively to transgressions by offering mercy instead of getting stuck in the harmful details.
  - This includes toward ourselves as well



# Unconditional Acceptance



- referred to as the practice of identifying and accepting others as they are, without any kind of judgment.
  - it merely applies to others' approval whether or not you value the other person(s)

## Growth mindset vs fixed mindset



SUCCESS

FRUSTRATION

1. I can learn anything I want to.
2. When I'm frustrated, I persevere.
3. I like to challenge myself.
4. When I fail, I learn.
5. I like being told that I try hard.
6. If my classmates succeed, I'm inspired.
7. My effort and attitude determine everything.

1. I'm either good at it, or I'm not.
2. When I'm frustrated, I give up.
3. I don't like to be challenged.
4. When I fail, I'm no good.
5. I like being told that I'm smart.
6. If my classmates succeed, I feel threatened.
7. My abilities determine everything.

GRIT

Learned helplessness

From Reid Wilson  
@wayfare.path

@sylvia.duckworth

# Learn Through a Growth Mindset

# May 2021 Happiness Calendar

This month, take care of your mental and physical health.

Keep up with the latest on the science of connection, compassion, and happiness by **subscribing to our newsletters**.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

**GG** Greater Good  
**SC** Science Center  
ggsc.berkeley.edu  
greatergood.berkeley.edu



**1** Watch an **uplifting film** this weekend.

**2** Limit your **consumption of the news** to reduce stress.

**3** Take time to **feel and name your negative emotions**.

**4** **Talk to your kids** about race.

**5** **Work through your struggles** by journaling.

**6** Try meditating during the day for a **better night's sleep**.

**7** Do something today to **support your community**.

**8** **Listen to music** from another culture.

**9** **Volunteer for a cause you believe in**—it might just make you healthier.

**10** Take our **Science of Happiness at Work** course.

**11** Clear your clutter to **calm your mind**.

**12** **Talk with young people** about current events.

**13** **Go easy on yourself** if you're feeling antisocial these days.

**14** **How well do you bridge differences?** Take our new quiz.

**15** **Get in some exercise today**. Your brain will thank you!

**16** Go out of your way to **give someone a hug**.

**17** Take one step toward a more **sustainable lifestyle**.

**18** **Cut down on sugar** to see if it improves your mood.

**19** Try playing a game with others. It could **strengthen your relationship!**

**20** **Figure out what your strengths are** and how to apply them in your daily life.

**21** Lower your **unrealistic expectations** about romantic relationships.

**22** **Be kind to yourself** when you're struggling.

**23** **When you want to relax**, turn on a soothing song.

**24** Don't believe everything you hear online **about depression**.

**25** **Check in with teens** to see how they're handling the pandemic.

**26** Look at the world **through the eyes of a child**.

**27** Strive to **provide a sense of safety and security** for your loved ones.

**28** Remind yourself **what motivates you** to do the work you do.

**29** Talk with young people about morality and **what it means to be a good person**.

**30** Read these **Asian American picture books** to cultivate belonging and understanding.

**31** Let's build a **more compassionate society** after the pandemic.



Give it a Try!

# Are You Mindful?

Click [here](#) to assess your mindfulness



# Discussion

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[moveforward2day.com](http://moveforward2day.com)

# References

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- [7 Ways to Deal With Negative Thoughts | Psychology Today](#)
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