



Some mindfulness exercises:

It's rubber band day! Place a rubber band loosely around your wrist for the day. Throughout the day, when you catch yourself in the "run-on" mode, that is, doing life so mindlessly that everything is running together, stop whatever you are doing, snap the rubber band and take a deep cleansing breath...and listen to the silence. (This can be done, even in the middle of Grand Central Station, because the silence comes from within, not the world around you.) What does the silence have to teach you in the moment? As you listen, do so with awareness. With this intention, the silence then becomes Mindful Silence.

OK, Now breathe.

Keep a journal for the next 24 hours. Make note of ALL the different thought-seeds that become obvious to you throughout the day. By this I mean repetitive or habitual thoughts, either positive or negative. Don't judge what you find, simply write it down. At the end of the day, sit quietly and review your findings. If you discover thought-seeds that are growing beautiful experiences for you, see yourself planting even more of those seeds. If you notice any pattern of thinking from which "weeds" will grow or are currently growing, simply visualize yourself plucking the thought-weed from your mind and plant a thought-seed that supports the idea of wholeness. You may have to do this any number of times, but it is your garden...and you are the only gardener who can tend to it.

Become an impartial observer of your own thoughts and words spoken to others, and be keenly aware of what the intention is behind the words you say. If you find yourself saying one thing while thinking or feeling another thing, stop and gently turn yourself back. Don't compromise your integrity by being less than impeccable with your word. You will discover you like the person gazing back at you in the mirror even more.

From www.dbtselfhelp.com

Other websites:

www.mindfulness.com

www.urbandharma.org/

www.jimhopper.com/mindfulness/

www.stress.about.com/od/tensiontamers/a/exercises.htm

www.meditation-techniques-for-happiness.com/mindfulness-exercises.html

www.dayonepublishing.com/VMC/Exercises/Exercises.html

www.spirituscounseling.com/mindfulness-exercises.html