



# Mindfulness Practice Skills

August 1, 2018



The best way to experience the benefits of mindfulness is to continue a regular practice. In our CARE training we presented a variety of ways to practice. Please remember that a fundamental attitude of mindfulness, according to Jon Kabat Zinn, is non-judging so no matter where you are in your daily practice, be kind to yourself. Also recognize what a positive step you took in participating in the training and know that we will continue to support you throughout the school year. Our next emails will focus on different practice skills that we covered in the training. We are doing two at a time to give you a chance to concentrate on those during the upcoming week. Let us know if you have any questions.

**Taking three breaths:** This skill is particularly helpful when you are upset. Remember, the sensations you feel in your body is the early indicator that you are becoming emotionally charged. The three breaths help you regulate your emotions.

**Setting an Intention:** A way to think about setting an intention is to think about deciding the direction you want your life to take. An intention isn't a goal that you achieve and then you are done. It's more like an intentionality to your life so you can catch yourself and say, "I'm off track and can bring myself back."

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