MINDFULNESS: How to Practice

Kim Passaro, RN, BS
County of Orange, Behavioral Health Care Agency

Perry Passaro, Ph.D.
Anxiety and Depression Center
Newport Beach, CA
Anxietyanddepressioncenter.com
Practicing Mindfulness

- Practicing mindfulness sounds very simple
- Do one thing at a time and pay full attention to what you are doing. This is called being “fully present”.
Being Fully Present

- Being completely present in each and every moment is really not as easy as it sounds.
- We spend much of our time thinking about fears of the future or revisiting mistakes of the past.
- We may wish to consider our actual ability to change the past and question if worry will improve the future.
How to Begin

- From time to time during the day take a long, slow, deep breath – consciously breathing in and out. Focus the full attention on breathing.

- Hint: You may want to use sound; a phone or alarm to remind you of this practice.

- Take 2-3 slow, calm breaths and observe the thoughts, feelings and sensations within and around you.
Once you identify the thoughts, worries, regrets, or emotions that are disturbing your peace, continue breathing and try to observe, NON JUDGMENTALLY. Try not to react, as we may often do to these events.

- Try labeling these events, such as “worrying”
- In not reacting, but simply being, we can return our attention to the present moment.
Begin Again

- When our mind wanders from what we are doing, bring it back again and again.
- Repeat this process several billion times 😊 (begin again).
- Observe your distractions and continue to label them looking for any patterns of thought, beliefs and emotions.
- Investigate these with calm non-judgmental introspection.
Habits

- As we practice mindfulness we begin to see our habitual way of living.
- We may notice a sense of entitlement, such as "My life should be:__________
  - A. Fair
  - B. Easy
  - C. Pain Free
- Notice our expectations and how we react when they are not met i.e. anger.
Beliefs

- As we continue to practice mindfulness we start to non-judgmentally observe our beliefs about ourselves.
- We may also be able to identify how long we have thought this way and how this way of thinking has affected us and others who come in contact with us.
- Common beliefs we harbor may include: “I am unlovable”. “I am flawed”.
Attachments

- Our attachments may keep us locked into our beliefs, habits and expectations.
- These attachments can include addictions such as drugs, alcohol, food and sex.
- Other attachments can be much more subtle and difficult to uncover but they can also entrap us i.e. like and dislikes.
Tips for Practicing

- When you eat or drink something bring your complete awareness to that activity alone. Eat or drink slowly attending to each and every sense involved.

- When walking take a moment and pay attention to the ground under your feet, the sky, wind and sounds.
Tips for Practicing

- When conversing can you do so without agreeing or disagreeing? Without planning a response?
- Practice self observation in a non judgmental way throughout the day.
How it Works

- Mindfulness has been described as unlearning.
- It is said to operate on a geologic time scale.
- Anyone expecting a rapid change is soon disappointed.
- Mindfulness is said, to be, by those who chose to practice it, a reconnection to life’s everyday miracles.
Wisdom

- “Live each present moment completely and the future will take care of itself. Fully enjoy the wonder and beauty of each instant”.

- Sri Sri Paramahansa Yogananda
References/Resources


References/Resources


Namaste

Namaste means all are equal and pays honor to the sacredness within us.

Kim Passaro, RN, BS
County of Orange, Behavioral Health Care Agency

Perry Passaro, Ph.D.
Anxiety and Depression Center
Newport Beach, CA
Anxietyanddepressioncenter.com