

## NEWS JUNE 2023

### CARDET

What is mindfulness?

Mindfulness, or *sampajañña* in Pali—one of the major languages of the Buddhist scriptures—means clear comprehension. Its definition aligns with its purpose, to help us see more clearly, respond more effectively to what life throws at us, and ultimately make wiser choices (Shapiro, 2020).

While mindfulness has its origins in ancient Chinese medicine, in recent years, it has been widely integrated into modern western therapies for treating a broad range of psychological and physiological conditions (Tang, 2018).

Now, since we understood the definition, let's see how we can practice it with simple ways during our everyday life.

#### **Have a routine**

The first step is to introduce a daily routine. Having a program in your daily life help you to control the things and stay calm during unexpected situation. Also, add in your life the exercise. Any kind. It can be walking, running, yoga or gym. Like any exercise, mindfulness benefits from regular practice.

#### **Understand the way to mindfulness**

Mindfulness is not just a break for your duties or a nice word but is a way of leaving. Many tools out there can induce you to your mindfulness trip. Like breathing, meditation and exercise. Don't wait for the right time. Begin your mindfulness trip TODAY!

#### **Commitment**

The most crucial action before starting this journey is making a commitment to it. The authors speculate that the reason why some meta-analyses have shown variable outcomes for mindfulness therapies is because the participants may not be doing their homework or may be doing it for insufficient time to notice results (Khoury et al., 2013).

Knowing this, you must make a commitment before starting. We'll then talk about the benefits of starting a mindfulness practise and how to live a mindful life.

#### **Act mindfully**

Whatever you do in your daily life, try to do it with mindfulness. Avoid impulsive behaviour and focus on the action. For example. Take time to focus in the action while you are showering, reading, cooking and eating. It is important to pay attention to these simple tasks because with this way we can understand truly the reason behind it but also do it effectively. Slowly, you will be able to act mindfully and to other more complicated stuff or the ones which are not your favourites.

Here is a practical poster that you can have always in your side:

## How to Practice Mindfulness

- 1 Take a seat.** Find a place to sit that feels calm and quiet to you.
- 2 Set a time limit.** If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.
- 3 Notice your body.** You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.
- 4 Feel your breath.** Follow the sensation of your breath as it goes out and as it goes in.
- 5 Notice when your mind has wandered.** When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.
- 6 Be kind to your wandering mind.** Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.



### Source

[How to Practice Mindfulness: 11 Practical Steps and Tips \(positivepsychology.com\)](https://www.positivepsychology.com/how-to-practice-mindfulness-11-practical-steps-and-tips/)

[How to Practice Mindfulness - Mindful](#)