

# Mindful Memo

Week 21– January 17<sup>th</sup>, 2022 RCMA Wimauma Community Academy

## The 9 Attitudes of Mindfulness

In 1979 Jon Kabat-Zinn developed an eight week program to help terminally ill people reduce stress and anxiety. The program is now widely known as MBSR (Mindfulness Based Stress Reduction). It includes these 9 steps for decreasing stress and anxiety in our own lives. Try a few this week!

**Non-Judging:** We as humans are quick to judge. Judge ourselves. Judge others. Judge situations. These judgments are based on preconceptions which can distort thinking.

**Acceptance:** Acceptance isn't giving up. When we accept our problems as they are (good, bad, or ugly), things begin to change.

**Patience:** Life must unfold on its own time (even if it's difficult), or we risk doing more harm than good.

**Beginner's Mind:** We are not the same person we were 10 years ago, or even a year ago. When we look at life with a beginner's mind, we understand we are in a constant state of learning.

**Trust:** The more we become aware of our emotions and body, the easier it is to trust our intuition.

**Not-Striving:** The biggest paradox of mindfulness is that by not doing anything, we can change a lot. Relax, don't focus on the end result, but be present for the process.

**Letting-Go:** Try to remember that nothing is permanent. Good times end and so do bad. When we strive to let go of our attachments to people and things, we make room for peace.

**Gratitude:** Many studies have shown that gratitude has a tremendous impact on health and well-being.

**Generosity:** Being generous with our time and helping others can give us a sense of purpose.

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."

—Martin Luther King, Jr.—