

Mindfulness Cheat Sheet

Here is a "cheat sheet" to help you get started with mindfulness. It's designed to be simple and easy to remember, so you can practice anywhere, anytime.

The Core Idea

Mindfulness is about paying attention to the present moment on purpose, without judgment. It's not about clearing your mind or stopping thoughts; it's about noticing them and gently letting them go.

Mindfulness Meditation: The Basics

- **Take a Seat:** Find a quiet, comfortable place to sit.
- **Set a Timer:** Start small—even just 2-5 minutes is a great start. You can gradually increase the time as you feel more comfortable.
- **Find Your Anchor:** For most beginners, this is the breath. Focus on the sensation of the air entering and leaving your body.
- **Notice When Your Mind Wanders:** It's not a failure! It's what minds do. When you notice your mind has drifted to a thought, a feeling, or a sound, just acknowledge it.
- **Gently Return:** Kindly and without judgment, bring your attention back to your anchor.

Mindfulness in Your Day

You don't need to be sitting on a cushion to be mindful. You can practice in small moments throughout your day.

- **The 5-4-3-2-1 Grounding Technique:** Use your five senses to bring you back to the present moment. Simply notice 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- **Mindful Walking:** When you walk, notice the sensations in your feet. Pay attention to how your heel lifts and your toes press against the ground.
- **Mindful Eating:** When you eat, slow down and notice the colors, smells, tastes, and textures of your food.

Remember These Attitudes

- **Be Patient:** Change takes time.
- **Be Kind to Yourself:** Don't judge your thoughts or feelings.
- **Have a Beginner's Mind:** Approach each moment as if you are experiencing it for the first time.