

POCKET MINDFULNESS

Enough

Enough. These few words are enough.
If not these words, this breath.
If not this breath, this sitting here.

This opening to life
we have refused
again and again
until now.

Until now.

-A David Whyte poem from
Where Many Rivers Meet

Mindfulness Based Stress Reduction:

Mindfulness meditation is the art of paying attention, of listening to your heart. Rather than withdrawing from the world, mindfulness can help you enjoy it more fully, effectively and peacefully.

UW-MBSR Resources:

www.obgyn.wisc.edu/mbsr

REMINDERS FOR DAILY LIVING

3-Minute Breathing Space

Step 1: Becoming Aware

*What thoughts are going through your mind?
What feelings are here?
What body sensations are here right now?*

"We will be more successful in all our endeavors if we let go of the habit of running all the time, and take little pauses to relax and re-center ourselves."

-Thich Nhat Hanh

Step 2: Gathering

*...The attention to the movements of the breath...
...Following the breath all the way in and all the way out...*

For more info on the UW Mindfulness Program, contact:

Step 3: Expanding

...The field of awareness around the breath so that it includes a sense of the body as a whole...

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