

Participant Selected Mindfulness Activities

*Mindfulness means paying attention in a particular way:
on purpose, in the present moment, and nonjudgmentally.*
~ Jon Kabat-Zinn

Participants in the Mindfulness In-Service were strongly encouraged, and given free time, to practice a mindfulness activity of their choice. Below is a list of the activities that were shared with the group.

- I laid down and practice intentional breathing for 15 minutes.
- I enjoyed my daughter's homemade herb butter on a potato... then took a walk outside, noticing smells and sounds as well as sights.
- While I was unable to complete 30 min due to eating and preparing to teach at 1pm. I did spend 12 mins on the mindful activity. I wanted to wrap it up at 12:30 so that was the time I had. I will do the other 18 later. We have a large saucer type swing hanging from a tree, so I decided to swing on it. The gentle swinging helped me to stay focused on that movement. I closed my eyes and was able to feel the breeze as I went back and forth and the sun on my skin as I swung to the non-shaded side. I heard all kinds of nature sounds birds, leaves rustling, as well as some not so natural sounds...cars, neighbors talking, etc. But that kinetic part was what I kept focusing on if I found my mind wandering...just swing I would remind myself. I resisted the urge to look at my watch except 2 times, since I was afraid maybe my alarm would not go off and I would be late for my class.
- I went for a walk and enjoyed the clouds, the gentle breeze, and the birds singing. I also sat on my deck and just listened and watched. A hummingbird joined me for about 8 minutes. She was struggling to sit still but she did land on a branch and stared right at me! :-) Nature is such a gift!
- For Session 3, I visited <https://wexnermedical.osu.edu/integrative-complementary-medicine/resources/mindfulness-practices>
 - Anxiety and Stress
 - Relaxing with PPE 6min
 - Our Response is our Legacy 5min
 - Happiness and Positivity 6min
 - Mindful Awareness of Sensations, Thoughts, and Emotions 10 min
- I sat outside by a patch of zinnias. Planting those seeds this spring was the best thing I did this year. LOL. I spent 25 minutes watching insects, birds, listening to the breeze in the leaves.
- I mindfully ate lunch and then did some yoga. That was enjoyable.
- I went for a walk in the woods with the dogs, so many shades of green!



- Baked some cookies. The mixing and smells are my happy place. :) Tasting the cookies is a bonus too!
- I sat in the sun and ate lunch and read. It was a nice break.
- It was delightful! :) A day that we can focus on US and our healthy minds is WELCOMED!
- I worked on a paint-by-number.
- I started out with some breathing techniques and stretches. Then I took a walk without my phone. I really focused on my senses and surroundings. It was the best walk I have had in a long time.
- I have used the preparing for surgery practice before my gall bladder surgery.
- I went outside and sat on a stool in my scratch and sniff garden:). I LOVE the smells...they calm me...I plant mint in my grass too so when I mow...I smell it! But today, I harvested a few big bunches...tied a gum band around it and walked across the street and gave a bunch of it to neighbor...I have a lovely time today practicing!
- I sat quietly for 15 minutes listening to the sounds of nature in my back yard. In that 15 minutes, I also listened to the hum of my refrigerator running and I also did the breathing exercise - 4/7/8! It felt really good to quiet my mind! I am also reading the book *10% Happier*, which is really good, and I highly recommend it!!
- I did a guided yoga meditation for 20 minutes on my deck.
- I took the dog for a 30-minute walk.
- I sat on the back-porch swing and watched the birds frolic on the pool cover.
- I did mindful eating.
- YouTube has some great "ambience" videos. "ambience" has different sounds. You can layer up to 3 sounds with the free version (rain, water, night, instrumental, wind, etc.). There is an "ambience" app I mentioned this morning that I added to my phone recently.
- My mindful exercise was coloring in a nature book while sitting on my screened-in patio, listening to the birds chirping and feeling the fresh air coming in.
- If I had an aquarium, I think that would be a great way to practice mindfulness, by watching the all the fishies swim ;).