

MINDFULNESS

Mindfulness is a skill that will allow a sense of connection within your body, between yourself and others and within your environment. It is the practice of reengaging ourselves in the present moment and bringing awareness to the task at hand. We acknowledge that mindfulness may be difficult or uncomfortable to practice at first. The goal is to bring your attention back to the task gently. In fact, if you are drifting and refocusing your attention you are doing just what is needed to practice. Remember, distraction and drifting are part of the practice with the goal of bringing your awareness back to the original task. Think of the practice of mindfulness as a boat, floating in the water. The sailboat will drift along as the current flows and it will begin to move far from the original point of entry, unless an anchor is attached. If we throw down our anchor, we will only drift so far. This is the practice of mindfulness; drifting and slowly drawing our attention back to the center.

REDUCE SUFFERING AND INCREASE JOY

- Decrease pain, manage stress effectively
- Observe and engage in moments of joy
- Increase self-awareness

INCREASE CONTROL OF THOUGHT AND EMOTION

- Observe without impulsive reaction
- Create space for being without doing
- Reduce unhelpful thinking or behavioral patterns

EXPERIENCE LIFE AND MOTHERHOOD

- Live in the present moment
- Connection with your child
- Increase awareness of child's needs
- Connect to your needs, desires and feelings

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