

Managing your Expectations of Mindfulness: Mindfulness Will Always Welcome You Back

It would be great if we could all be aware of Mindfulness all day, but our life is full of distractions and pressures, especially with time. It is easy to get caught in a whirlwind of stress and become forgetful of Mindful behaviors.

Getting back on track:

- Accept and validate the thoughts you are having ... Example: I just can't be mindful, it's just not working for me." Realizing at times mindful behavior can be a struggle.
- Reflect on how Mindfulness has helped in the past. Visualize the practice you used, and how mindful practice assisted you during a tough situation.
- Think of Mindfulness as something that is important to engage in daily (like brushing your teeth). There are times when we do not want to engage in mindful practices, due to level of difficulty, time, mental blocks...etc. Remember, just like brushing our teeth keeps our physical body healthy, being mindful keeps our mind and body healthy.

Teen Experience:

From Mindfulness For Teen Worry
J. Bernstein, PhD.

"When I found myself thinking, "I can't be mindful because I keep getting distracted by my thoughts, I would gently remind myself: It is normal to have all kinds of thoughts going through my head. I don't have to try to empty out my thoughts. Gently redirecting my attention back to my breath, my body, or anything else I notice it gives me even more opportunity to be mindful." - Laura, age 17.