

Mindfulness aspects of
Mind-Fitness

“Mindfulness means paying attention in a particular way;
on purpose, in the present moment, and nonjudgmentally.”
Jon Kabat-Zinn



STOP

doing what you are DOING



Tune in

... into ALL that is at this moment:
What's happening here? What do I feel?



Attention for Breath

Narrow your attention to experiencing
your breath: belly, chest ...



Respond

From the space that emerges,
From the wisdom instead of the impulse.



Personal Cue/ Trigger to become AWARE & Stop doing



STOP

STOP distraction and NOTICE 'where's my attention?'
become aware of Reaction CHAIN > STOP that too by going to next phase
connecting more and more to *observing* instead of *doing*



TUNE IN

OPEN up to the whole experience 'what's more?' 'what else?'
bring the 'effort' of curiosity
simply OBSERVE what curiosity brings, not getting into content of the "what"
(the mind loves to explore and enjoys the curiosity assignment,
yet your task is to OPEN and let in whatever emerges not fixing yourself to 1
experience and not attaching to content or analysing it)
HOW? notice & label whatever you catch JUST as 'thought' – 'emotion' –
'sensation'. Don't be seduced by aspiring ALL, take it EASY - no "perfection".
ALLOWING all that emerges and thereby moving into 3rd person perspective



ATTENTION Focus

NARROW attention to chosen focus – ONLY to chosen focus
this is challenging because the natural inclination is distraction
Kinds of distractions:
thoughts (such as judgments 'like'/'dislike'; questions; doubts)
emotions (such as insecure, worry, happy, angry, sad...)
sensations of body (from all 5 senses, esp. itch, restless, higher sensitivity,
sleepiness...)
NOTICE the distraction, acknowledge its plain existence, then
always RETURN the attention to the chosen focus point, whatever
distraction.
ALLOWING more & more to become the *observer* instead of the *actor*
[the object of the attention focus can change from practice to practice, e.g.
breathing focus, focus on body part, sound, thought, emotion...]



RESPOND Wisely

RE-OPEN to attend to your Task with a wiser response /reacting impulsively;
Returning to action - yet keeping an attentive attitude to catch yourself once
again when your reaction chain threatens to exhaust you. Then just STOP.

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The more you practice – the more SKILLED you become to catch things
before 'escalation'.

REPEAT STAR all along your day as often as you can to get into the
constructive mental habit of catching what's emerging without letting
a long reaction chain develop.

LET BE = notice, recognize, aware even of judgement, let pass
LET GO = only when you acknowledge the existence can you take a 3rd person
perspective, that is how letting go works (it's not acting upon)
LET IN = advanced phase of enhancing what is HELPFUL

Yes, I did it ☺

Growing from aware of attention > stabilizing attention > controlling
attention