

Mindful Monday, June 1, 2020

Be the MASTER of your MIND

"Soak up the views. Take in the bad weather and the good weather. You are not the storm." **Matt Haig**

At times like this our mind is full. There is a lot we wonder about and many things we do not have answers for. If we can learn to calm our mind now, it will serve us well in the present and the future. Did you know that doing mindfulness training three times a week for 10 minutes at a time can keep your brain working well and ready for action?

A great place to begin Mastering your Mind is through mindfulness. Here is how you can start today:

- 01 When you start with mindfulness training, attempt to do it for two or three minutes. Then try to do it for five minutes. Eventually you will be able to do 10 minutes.
- 02 Mindfulness does not have to be intimidating or scary. It is simply learning to bring your mind back to focusing on one cue or thing.
- 03 To practice mindfulness, get comfortable. Sit down with your legs crossed or on a comfortable chair. Do some [SEAS](#) breathing for about one or two minutes.
- 04 Pick one cue such as your stomach going up and down, or the feel of your breath coming in and out of your nose or looking at an object in the room. Then pay attention to what your mind does.
- 05 As your mind wanders, gently bring it back to the cue you are focusing on. You will learn how active your mind really is. As it wanders to other things be kind to yourself. Do not judge. Simply notice, then gently bring your focus back to your chosen cue.
- 06 You will need to do this many, many times. Minutes will feel like hours, but over time, you will develop this skill.

Some people may find apps such as [Headspace](#) beneficial for doing mindfulness or listening to guided meditation on YouTube such as [Jon Kabat-Zinn](#). It does not matter how you do it. You do not need to do it perfectly. The most important thing is to simply start or try.

In time, you will learn that you can choose what you want to focus on.
You are in control. You are not your thoughts.

Remember:

10 minutes per day. 3 times per week.
Be still. Focus on one cue.
As your mind wanders, notice and gently bring it back.