

Mindful Moments with Where I Stand

Mindful of my "Full Mind"



Mindfulness is the art and practice of deliberately and intentionally becoming aware. A key component of mindfulness is awareness without judgement. Being mindful of your "Full Mind" is about become aware of your negative thoughts without judgement. Acknowledging that you're overwhelmed with negative self-talk and without criticism acknowledge that these thoughts are just thoughts; not necessarily reality.

"I am worthless"

"I can't do anything right."

"I'm never going to get this done"

While these thoughts fill our minds and add to our stress and anxiety and overwhelming negative feelings; if we deliberately and intentionally become aware that they are **JUST** thoughts and not necessarily reality, they become less powerful, and less distressing.

Identify being filled with overwhelming negative thoughts
Be willing to observe and acknowledge without judgement
Remind yourself "thoughts are just thoughts."

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