

FIVE MINDFULNESS ACTIVITIES

To Help During Divorce



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What is **Mindfulness?**

“Mindfulness is a state of active, open attention to the present. This state is described as observing one’s thoughts and feelings without judging them as good or bad.”

“Mindfulness is frequently used in meditation and certain kinds of therapy. Its benefits include lowering stress levels, reducing harmful ruminating, and protecting against depression and anxiety.”



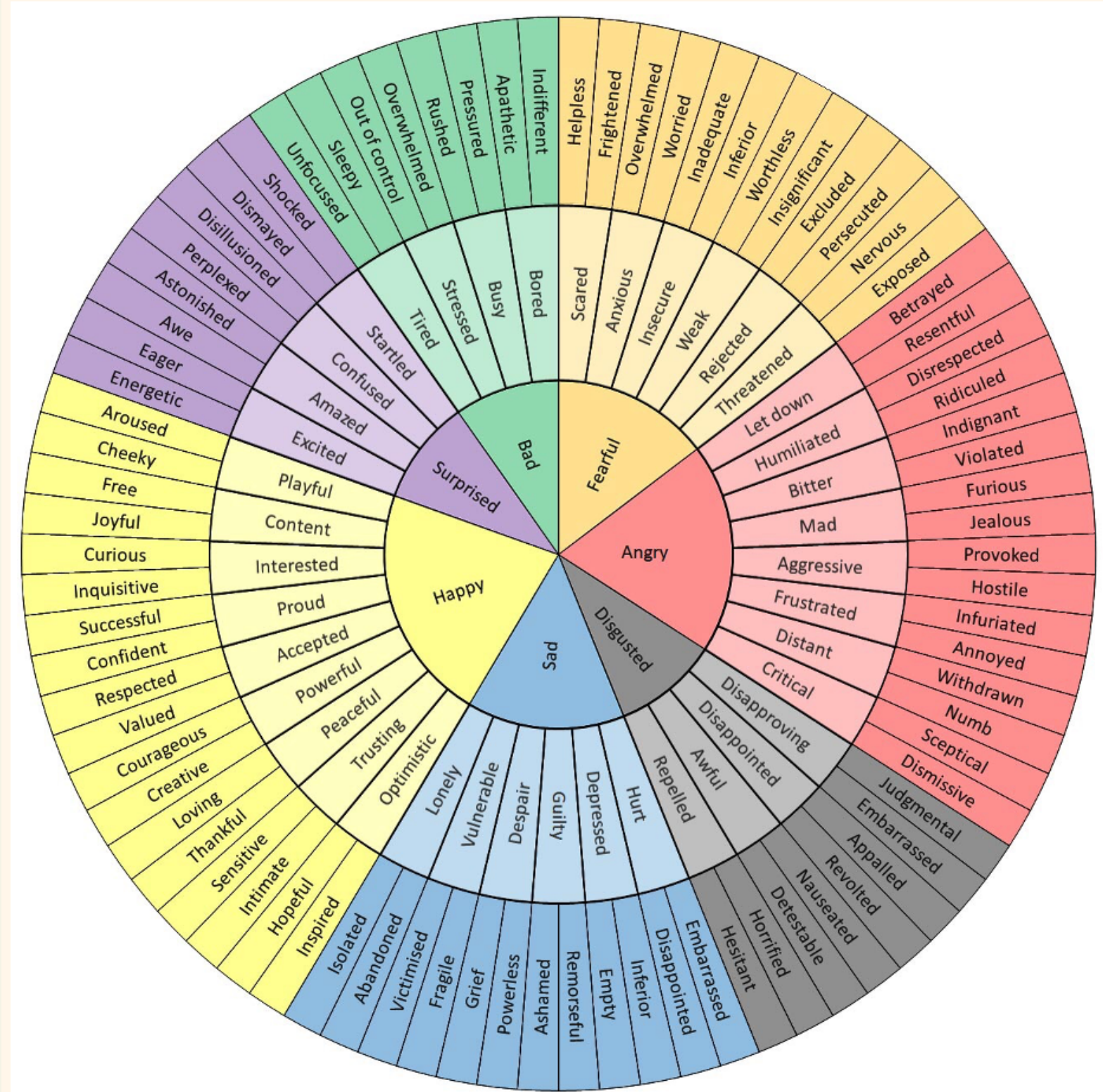
Practice RAIN

R-Recognize what and how you're feeling. Start by asking yourself 'what do I feel right now?'... do you feel anxious, sad, numb, relieved, excited?

A-Allow the feeling to exist, without trying to ignore or bury it, if you don't accept the feeling it's more likely to persist. Rather than burying the feeling of 'sad', accept that at this moment you feel this way.

I- Investigate what you are feeling, becoming aware of any thoughts or events that were happening before you started to feel the way you are.

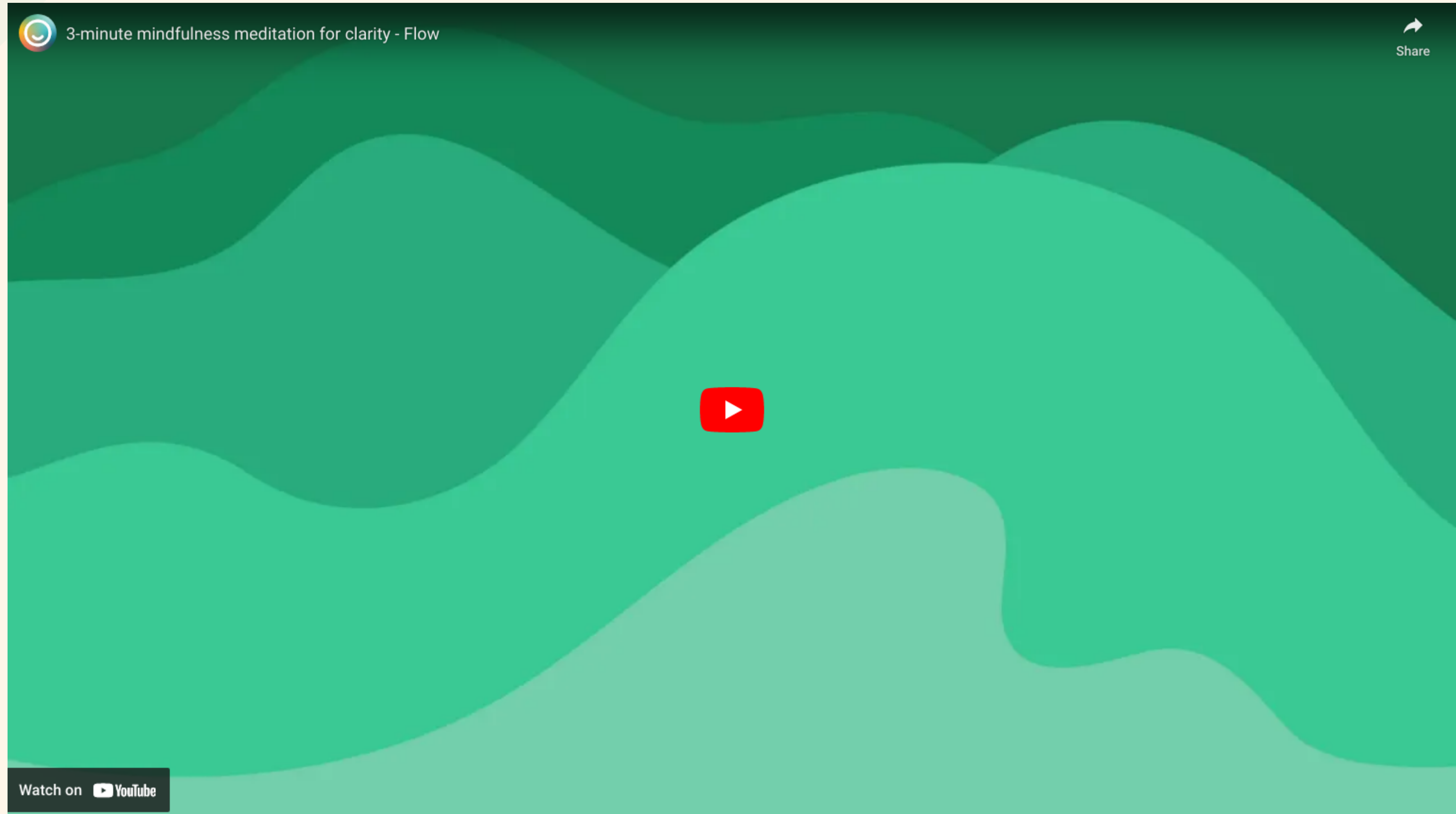
N-Nurture without judgment. Remember, feelings and emotions aren't permanent states, and they will pass. It won't help if you agonize over the emotion or judge yourself for feeling it.



Mindful Breathing



Mindful Meditation



Mindful Exercise



Mindful Sleep





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