

Mindfulness and outdoor relaxing education, Reykjavik, Iceland, Feb 2022

„Akredytacja IX LO_1 ”

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Mind Full, or Mindful?

**AUTOPILOT =
A STATE OF DOING**



**Living by inertia.
Getting carried
away with routine.**

A STATE OF BEING



**To be open to possibilities
means that one must be
fully present, right here,
right now.**

AVOIDING AUTOPILOT. HOW?



Sight



Hearing



Smell



Taste



Touch

BEING AWARE

ABOUT OUR

FEELINGS

&

EMOTIONS



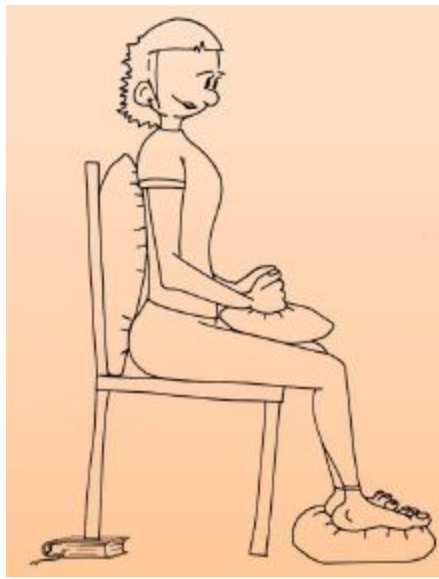
Mindfulness is simply learning to train
the mind to be HERE

ON PURPOSE!

IN THE PRESENT MOMENT! **NO JUDGES!**

BENEFITS OF MINDFULNESS

- Strengthens the immune system
- Protects the brain
- Reduces stress
- Increases ability to concentrate
- Encourages creativity
- Improves human relations
- You'll sleep better



BABY BREATHING



Breathe in



Breathe out

- The sole of your feet touching the ground.
- Legs relaxed.
- Your back straight.
- Hands on your lap or on your thighs
- Your chin slightly to your chest.

Full Complete Breath Technique - as babies we breathed full, complete breaths, then somewhere along the way we lost track of this breath.



↑
fill lungs
from the
bottom up



↑
empty lungs
from the
bottom up



BENEFITS OF DIAPHRAGM BREATHING

- Improves oxygen supply to vital organs.
- It helps us to concentrate.
- It gives us a feeling of well-being.
- Improves our attention and concentration.



Breathe in

Breathe out

3 minutes breathing

Close your eyes or look down

Be aware of what is happening in your mind
without judgments, without criticism

Settle your attention to your body

there is no need to change anything, just observe

Concentrate on your breath

your breathing keeps you in the present moment

Go back to the present

Mindful Eating

“How is this different from how you normally eat?”



IT'S IMPORTANT TO REMEMBER:

Tips for *eating* with mindfulness:

1. Eat seated and comfortable.
2. Eliminates distractions.
3. Observe with all your senses the food.
4. Eat slowly.
5. Feel the effects of food.

Come to a sitting position, with your feet flat on the ground and your legs together. Lift your head, open your chest, squeeze your shoulders, and place your hands on your back of the chair. Gently press your hips forward while shifting your shoulders back, slowly arching your back. Look up, keeping your spine neutral.



THE CHILD POSE WITH CHAIR



Sit back on your chair, slowly bend your upper body to rest on your thighs, open your legs and try to catch the back legs of the chair with your hands and stretch your back breathing deeply for a few seconds.

Then, release the chair legs and put your legs together. Let your upper body to rest on your thighs, rest your arms down towards the floor, and take a few deep breaths.





MINDFULNESS EXERCISES FOR YOUR DAILY LIFE:

- Body scan at bed: 2 minutes.
- Stretch out before stand up.
- Mindfulness shower.
- Taste the breakfast: [HERE](#).