

Mindfulness in Tutoring Workshop

What is mindfulness?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

Mindfulness helps us put some space between ourselves and our reactions, breaking down our conditioned responses. Here's how to tune into mindfulness throughout the day:

1. **Set aside some time** - take 5 or 10 minutes per day to shut out the world and all the drama and simply *be in the moment*. You can meditate if you want, or simply acknowledge and enjoy the space around you.
2. **Observe the present moment as it is.** The aim of mindfulness is not quieting the mind, or attempting to achieve a state of eternal calm. The goal is simple: we're aiming to pay attention to the present moment, without judgement.
3. **Let your judgements roll by.** When we notice judgements arise during our practice, we can make a mental note of them, and let them pass. *This includes self judgement!!*
4. **Return to observing the present moment as it is.** Our minds often get carried away in thought. That's why mindfulness is the practice of returning, again and again, to the present moment.
5. **Be kind to your wandering mind.** Don't judge yourself for drifting off in thought, just practice recognizing when your mind has wandered off, and gently bring it back. The goal is to be present and enjoy the moment, not to stress ourselves out by the feeling that "we're not doing it right".

Benefits of Mindfulness

1. **You'll probably find yourself feeling kinder, calmer, and more patient. You won't be worried about cramming everything in and finishing quickly to move to the next thing.**
2. **You will stress melt away when you aren't bound by the crushing feelings of the world pressuring you from all angles**
3. **Your creativity will explode! When you allow yourself to fully be in the moment, all of your talents and ideas come right to the surface, because**

you're freeing up space in your mind that would otherwise be preoccupied by the world around you.

- 4. Your body will feel different and much more physically energized. By listening to our bodies in the moment, we can make conscious choices that energize us, such as breathing correctly, choosing correct posture, and eating/hydrating properly.**

And always keep in mind:

1. Mindfulness isn't about "fixing" you
2. Mindfulness is not about stopping your thoughts
3. Mindfulness does not belong to a religion
4. Mindfulness is not an escape from reality
5. Mindfulness is not a panacea

For more information on mindfulness and helpful exercises:

<http://www.mindful.org/meditation/mindfulness-getting-started/>

<http://greatergood.berkeley.edu/topic/mindfulness/definition>

<https://www.lionsroar.com/how-to-do-mindfulness-meditation/>