

Stress Relief

The Emotionally Sensitive Person



Chapter 4: Introduction to Mindfulness



1. What is mindfulness?
2. How do observations and judgements relate to the practice of mindfulness?
3. What does it mean to be mindful of your internal experiences?
4. Explain the problem with “If only...” statements as they relate to happiness.
5. How can you help balance your emotions (decrease the ups and downs)?
6. When practicing mindfulness ...
 - A. ...what should you do when you notice an emotion arising?
 - B. ...what should you tell yourself if you begin focusing on past sadness?
 - C. ...what should you tell yourself if you begin to worry about the future in some way?

Activity: Mindfulness of Everyday Objects

7. Identify an object and list 3 ways it could be useful when practicing mindfulness.