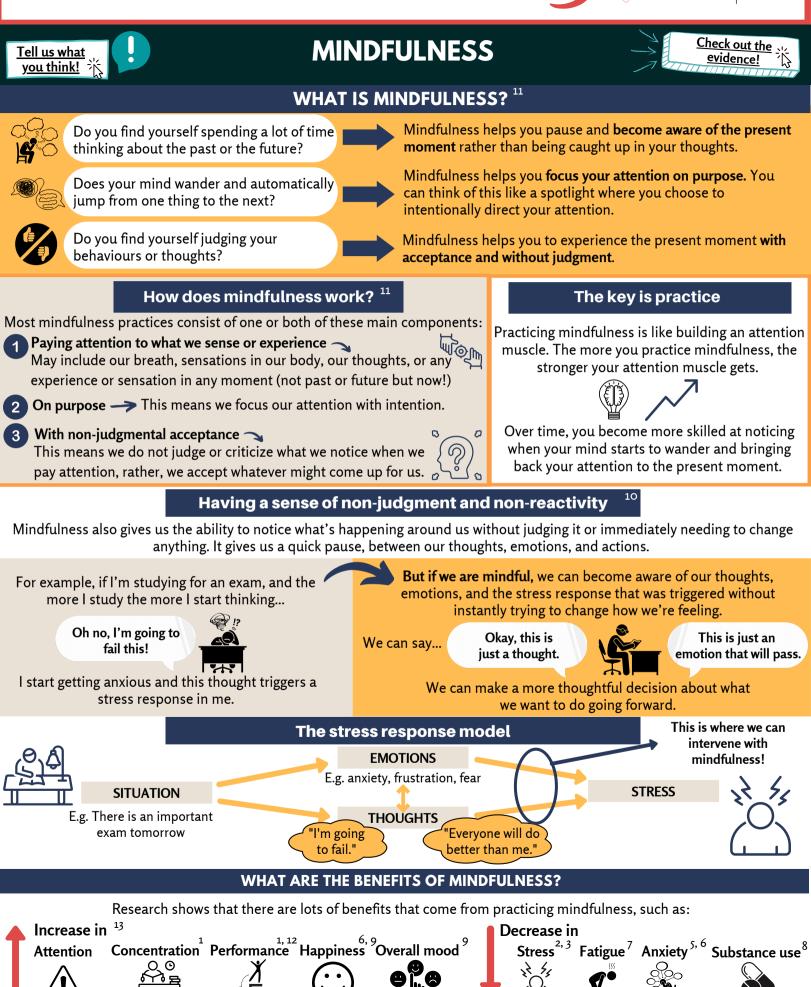
EDUCATION FOR MENTAL HEALTH RESILIENCE SMCGill



What does mindfulness look like? 4



Formal Mindfulness

The first thing that may come to mind is probably mindfulness meditation with guided audio recordings, using a set amount of time (5-10 minutes or more), that is done seated or lying down.

notice your thoughts

without engaging with

them.

<u>View guided audio for</u>

Thought Meditation!

Informal Mindfulness

But, mindfulness can also be practiced in your day-to-day life. For example, while washing dishes we can pay attention to the feeling of the water and soap on your hands. This type of mindfulness only takes a few seconds and doesn't require any audios.

This strategy is

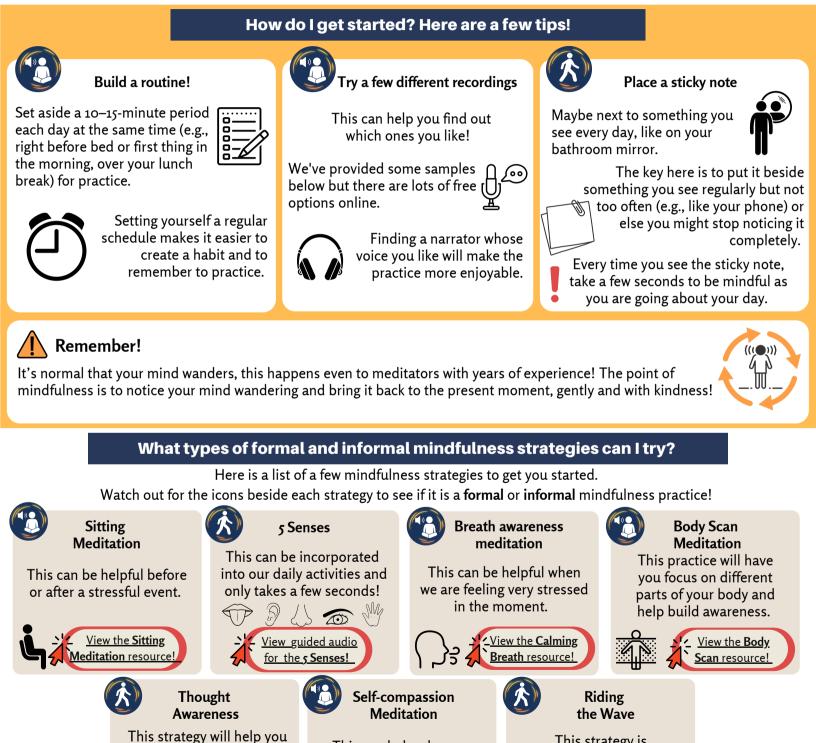
particularly useful to deal

with strong emotions.

View the Riding the

Wave resource!

Ideally, the goal is to find ways to integrate a bit of both formal and informal mindfulness into our daily life!



This can help when we

feel highly self-critical.

View the Self-

resource!

ompassion Meditation