

Mindfulness Activities



FOOD BANK
OF NORTHERN NEVADA

Mindfulness During the Holidays

NUTRITION ON WHEELS | MONTHLY LESSON

- * Gratitude list - write 1 thing each day that you are grateful for
- * Walking meditation - take a walk in a straight line or a circle, being mindful as you walk
- * Mindful driving - notice everything that's happening around you as you drive
- * Single tasking - the opposite of multi tasking, focus on 1 task at a time
- * Mindful eating - chew thoroughly and taste each bite
- * Mindful cooking - notice the textures, colors and aromas of the foods and how they change as they are prepared
- * Mindful gardening - feel your hands in the soil, sense the weather, notice life around you
- * Deep breathing - take a deep breath in for a count of 5, then exhale for a count of 5, continue for a few minutes
- * Practice stillness - focus on your normal breathing or an image or what your body feels like in that moment, even if only for a few minutes

Healthline 2022, *32 Mindfulness Activities to Find Calm at Any Age*, <https://www.healthline.com/health/mind-body/mindfulness-activities>

Mindfulness is the practice of self awareness, it's a way to be present with what is happening both internally and externally. Mindfulness can help improve relationships, increase empathy, and reduce internal stress and anxiety.

According to the American Institute of Stress, it's important to recognize stress exists on a continuum that ranges from feeling totally

calm to completely overwhelmed. Overwhelming and unhealthy stress, or distress, is the type that leaves us feeling depleted, unwell and lacking.

According to a recent survey by the American Psychological Association, 3 out of 4 adults in the United States have felt at least one symptom of distress in the last month, if the holidays are stressing you out, you're not alone. Consider sharing what you're feeling and fostering closer, healthier relationships, the most valuable gift you can give is the mindful presence of a healthier, more peaceful and happier version of you. These are some ways you can practice mindfulness:

1. Acknowledge your stress - Sometimes when we're stressed, it shows up as fatigue, headache, stomach discomfort or illness. Ask your body what it is feeling and be open to the response. Being aware can help you understand what triggers your stress response, noticing when things are becoming too much and deciding to take a break, doing less or setting boundaries can alleviate stress early on.
2. Practice acceptance - Acceptance doesn't mean being a doormat, it means letting go of judgement and criticism. In acceptance, you aren't trying to fix or change anything, but instead simply noticing what is and letting it be. Practicing acceptance can also help avoid the stress of achieving perfection.
3. Be open - Holidays can bring up many different emotions, not all of them happy. If you experience difficult feelings, allow yourself the space to acknowledge what comes up. Understand that others may also need this space for their emotions, be open to communicating feelings.
4. Practice active listening - Try to understand the complete message that people are conveying not just their words, notice their actions and body language too. Giving a nod or smile acknowledges and encourages conversation. Minimizing distractions, especially during the Holidays, shows interest, respect, and attentiveness.
5. Find compassion - For others and for yourself. Get regular sleep and exercise, and take time to relax and do fun things too. When your needs are met it's easier to be kind, calm and attentive. Having compassion for others allows us to recognize when others are acting out that they may be suffering, we can be mindful by taking a pause before we respond.
6. Be grateful - having gratitude is powerful in changing our perspective on holiday stress. Being grateful helps us stay focused on what is really important in our lives and on what *is* going well.

Mindfulness Exercises 2022, *Mindful Solutions to Holiday Stress*, <https://mindfulnessexercisec.com/mindful-solutions-to-holiday-stress/>

Psychology Today 2016, *8 Mindfulness Tips During The Holidays*, <https://www.psychologytoday.com/us/blog/urban-survival/201612/8-mindfulness-tips-during-the-holidays>



Actividades de Atencion Plena



FOOD BANK
OF NORTHERN NEVADA

Atencion Plena Durante Las Fiestas

NUTRITION ON WHEELS | LECCION MENSUAL

- * Lista de Atencion Plena - escriba cada dia una cosa por la que estes agradecido.
- * Meditacion a pie - camine en linea recta o en circulo, prestando atencion mientras camina
- * Conduccion consciente - observe todo lo que ocurre a su alrededor mientras conduce
- * Tarea unica - lo contrario de la multitarea, centrarte en una tarea a la vez
- * Comer con atencion - masticar bien y saborear cada bocado
- * Cocine conciente - observa las texturas, los colores y los aromas de los alimentos y como cambian al prepararlos
- * Jardineria consciente - siente sus manos en la tierra, percibe el tiempo, observa la vida a su alrededor
- * Respiracion profunda - inspira profundamente contando hasta 5, luego exhale contando hasta 5, y continua durante unos minutos
- * Practica la quietud - concenrase en su respiracion normal, en una imagen o en lo que siente tu cuerpo en ese momento

La atencion plena es la practica de la conciencia de uno mismo, es una forma de estar presente con lo que ocurre tanto interna como externamente. La atencion plena puede ayudar a mejorar las relaciones, aumentar la empatia y reducir el estres y la ansiedad internos.

Segun el American institute of Stress,

es importante reconocer que el estres existe en un continuo que va desde la sensacion de calma total hasta la de agobio total. El estres abrumador y poco saludable, o la angustia, es el tipo que nos hace sentirnos agotados, mal y con carencias.

Segun un encuesta reciente de la American Psychological Association, 3 de cada 4 adultos en Estados Unidos han sentido al menos un sintoma de angustia en el ultimo mes. Considera la posibilidad de compartir lo que sientes y fomentar relaciones mas estrechas y saludables, el regalo mas valioso que puedes hacer es la presencia consciente de una version mas sana, pacifica y feliz de usted. Estas son algunas formas de practicar la atencion plena:

1. Reconoce su estres - A veces, cuando estamos estresados, se manifiesta como fatiga, dolor de cabeza, malestar estomacal o enfermedad. Preguntele a su cuerpo que esta sintiendo y estarse abierto a la respuesta. Ser consciente puede ayudarle a entender que desencadena su respuesta al estres, notar cuando las cosas se estan volviendo demasiado y decidir tomar un descanso, hacer menos cosas o establecer limites puede aliviar el estres desde el principio.
2. Practique la aceptacion - Aceptar no significa ser un felpudo, sino dejar de juzgar y criticar. En la aceptacion, no intentas arreglar o cambiar nada, sino que simplemente se da cuenta de lo que es y lo dejas ser. Practicar la aceptacion tambien puede ayudar a evitar el estres de alcanzar la perfeccion.
3. Se abierto - Las vacaciones pueden provocar muchas emociones diferentes, no todas ellas felices. Si experimentar permitir sentimientos dificiles, permite el espacio para reconocer lo que surge. Comprenda que los demas tambien pueden necesitar este espacio para sus emociones, este abierto a comunicar sus sentimientos.
4. Practique la escucha activa - Intenta comprender el mensaje completo que transmiten las personas, no solo sus palabras, fijase tambien en sus acciones y en su lenguaje corporal. Asentir con la cabeza o con reir reconoce y fomenta la conversacion. Minimizar las distracciones, especialmente durante las fiestas, demuestra interes, respeto y atencion.
5. Busque la compassion - para los demas y para usted. Duerma y haz ejercicio con regularidad, y tomase tiempo para relajarte y hacer cosas divertidas. Cuando sus necesidades estan cubiertas es mas facil ser amable, tranquilo y atento. Tener compassion sufriendo, podemos ser conscientes tomando una pausa antes de responder.
6. Ser agradecido - tener gratitud es ponderosa para cambiar nuestra perspectiva sobre el estres navideno. Ser agradecidos nos ayuda a mantenernos centrados en lo que es realmente importante en nuestras vidas y en lo que va bien.



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