

Get Unstuck Challenge - Day 5

Day 5: Stay Unstuck

- Be more mindful everyday - be present, conscious, off auto-pilot
 - Conscious awareness interrupts unconscious habits
- Difference between mindfulness and meditation
 - Meditation is the foundation of your mindfulness practice - "formal"
 - Meditation is taking it "off the cushion" and into your everyday life - "informal"
- Ways to be more mindful through your day
 - Pause and breathe throughout your day, transitions
 - Accept and allow whatever is arising to exist, without judgment. Doesn't mean you don't care if you don't like it – acceptance doesn't mean you like it, just means you stop fighting it
 - Non-attachment to outcome – don't be attached to a future outcome to determine your present moment experience, emotion or mood
 - Notice when you are not being present – your mind's habits tend to go to rumination of the past, or anxiety/ fear of the future unknown
 - Gratitude, compassion, lovingkindness
- Meet yourself where you are at
 - Set yourself up for success - try meditation for just 1-2 minutes a day
 - Keep a meditation log or gratitude journal
 - Be kind to yourself - change takes time

Let's Practice - Guided a mindful meditation

CTA - In the comments for today's FB video, share how you felt at the end of the meditation (remember, there is no right or wrong answer)

Journal Prompt – What would it mean to you to 'get out of the spiral?' What in your life would shift for the better for you to get unstuck?