

Get Unstuck Challenge - Day 4

Day 4: Respond, not React...

- Definition of mindfulness
 - Awareness - of what is arising in the present moment, both internal (thoughts, emotions, sensations) and external (people, distractions, devices, social media)
 - Attention - pay attention to your typical habits, patterns, or mindsets of how you normally respond to whatever is arising in the present moment
 - Intention - intentionally respond to each moment; get off autopilot, know why you are doing what you are doing
- Additional key components of mindfulness practice - presence, acceptance, non-attachment, gratitude, compassion, self-compassion, observing, equanimity
- Mindfulness is the answer to everything
 - Getting unstuck is possible – it starts with awareness and the belief that you want to get out of the cycle of reactivity and believe that you can
 - You can't change what is arising, but you can change how you respond to it
 - Your breath is your best ally
- Various ways to respond:
 - Slow down, pause, breathe, be aware, be in present moment, allowing, acceptance, equanimity ("it is what it is"), name it, create space, observe what's arising, gratitude, focus on successes, compassion/self-compassion, lovingkindness, be intentional, ground into the body, open mindset
 - change is possible, non-attachment, impermanence

CTA - In the comments for today's FB video, share the one mindful response strategy you'd most like to practice

Journal Prompt - Reflect on the mindful response strategy that you feel would be hardest to practice and why; what would be the easiest for you to practice and why?