

What is the best Mindfulness Practices for me?

Have you heard about mindfulness? Interested in learning more, but you are not sure where or how to begin? Answer the below questions to help guide your entry into mindfulness practices.

Answer True or False to the following questions.

- 1. I feel guilty whenever I take a break.
- 2. It's hard for me to concentrate because I try to do too many things at once.
- 3. People sometimes say I should slow down.
- 4. I don't tend to get a lot of exercise.
- 5. It's hard for me to relax because my mind is always busy.
- 6. People sometimes say I worry too much.
- 7. I hold onto grudges for a long time.
- 8. It's hard for me to forgive myself when I make a mistake.
- 9. People sometimes say my standards are too high.
- 10. Complete this sentence. My mind is like a/an:
 - a) endless to-do list.
 - b) ping-pong ball, bouncing from thought to thought to thought to thought.
 - c) courtroom. I'm constantly judging who's right and who's wrong.

What does this all mean?

Things to think about:

If you answered A to question 10, and you answered True to questions 1-3... Your mind and body never stop--you find yourself going from one task to another. You could benefit from quiet stillness.

Possible stress escape & avoid strategies may look like filling every waking moment to avoid addressing or coping with stress--staying busy at any cost is the strategy, but it does cost the health and wellbeing of the individual and has impacts on the relationships of those in your life.

If you answered B to question 10, and you answered True to questions 4-6... You may find yourself going from task to task without ever feeling you accomplished or finished anything. You 'overthink' or spin your wheels, per se. You may even start a task and then look at the clock and realize hours have passed...yet little was accomplished. You could benefit from brain breaks and mindful attention practices.

Possible escape & avoid strategies may look like the 'wanderer' where you go from one task to another--everything excites you, but it is very difficult to finish one project.

If you answered C to question 10, and you answered True to questions 7-9...you appear to be pretty critical of yourself and to others. Your bar is set at a place of perfection - which seems cannot be attained. You could benefit from the practice of self-compassion.

Possible escape & avoid strategies may look like suppression- bottling up stress, pushing it away--anything to get through the task and do it perfectly. It is a winning at any cost mindset.