

Finding Peace and Calmness through Mindfulness

Part 1: Mindfulness

The overall wellness of our Jamat is the utmost priority. Emotional and mental wellness is important, just as it is important to be physically safe and healthy. Given the current context with the COVID-19 pandemic, it is normal to experience anxiety, frustration, anger, exhaustion, sadness, isolation, and a wide range of other emotions.

Over the next several weeks, we will share a series of exercises with the Jamat on practicing mindfulness in order to help manage stress and anxiety.

What Is Mindfulness?

Now is certainly a good time for you and your family to learn, develop, and practice mindfulness. But what is mindfulness?

- “Mindfulness is the ability to know what’s happening in your head at any given moment without getting carried away by it” (Source: [Why Mindfulness is a Superpower: An Animation](#))
- “Mindfulness is the quality of being present and fully engaged with whatever we’re doing at the moment — free from distraction or judgment, and aware of our thoughts and feelings without getting caught up in them” (Source: [Headspace](#))
- “Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment...Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them—without believing, for instance, that there’s a “right” or “wrong” way to think or feel in a given moment. When we practice mindfulness, our thoughts tune into what we’re sensing in the present moment rather than rehashing the past or imagining the future” (Source: [Greater Good Magazine](#))

Practicing Mindfulness

Now that we know what mindfulness is, let’s try practicing with a simple three-minute mindfulness exercise. You can practice this on your own or with other family members.

Watch this [video](#) for easy-to-follow steps on a three-minute mindfulness meditation exercise. Practice these several times a day when you are feeling overwhelmed, anxious, or just need a break. Take note of how you feel at the end of each mindfulness exercise. A few minutes each day can make a significant difference. Try it!

Stay tuned for **Part 2**. In the meantime: practice, practice, practice!

