

The Mindfulness Journal

Information and activities to encourage and inspire mindful living.



Sincerely Essie
www.sincerelyessie.co.uk

SINCERELY
Essie

Table of Contents

Introduction

Chapter I: Take Some Time Out

Chapter II: Feel Your Emotions

Chapter III: Record Your Thoughts

Chapter IV: The Power of Green

Chapter V: Be More Grateful

Chapter VI: Do a Tech Check

Chapter VII: Get Organised

Chapter VIII: Just Breathe

Chapter IX: Countdown To Calm

INTRODUCTION

Let's embark on your journey to mindfulness

Mindfulness is an inherent quality that we all possess, but to effectively apply it in various situations, regular practice is necessary.

Being mindful means being fully present and consciously aware of our surroundings, without feeling overwhelmed, in any given circumstance.

Studies indicate that engaging in mindfulness practices can reshape the structure of the brain, stimulating mental, emotional, and physical processes that empower individuals to regain control and alleviate symptoms commonly associated with anxiety and panic.



This mindfulness journal is dedicated to all those affected by a mental health condition and, despite the struggles they face, the decision they take to keep fighting on.

Sincerely Essie

CHAPTER I

Take Some Time Out

In today's fast-paced world, life often feels overwhelming, leaving little room for activities that bring us joy. The relentless nature of our daily routines has forced us to prioritise tasks that must be done, leaving little time for the things we truly desire.

The modern lifestyle has conditioned us to believe that our obligations hold greater importance than our personal interests. Consequently, we find ourselves constantly juggling numerous responsibilities, sacrificing our own happiness and well-being in the process. This societal norm tends to consume our energy, leaving us drained and unfulfilled.

The allure of work and the pressure to excel have become all too consuming, pushing our passions and personal desires to the backburner. In this rat race, we often lose sight of what truly matters. We neglect engaging in activities that bring us solace, contentment, and self-expression, ultimately causing a decline in our overall life satisfaction.

Attempting to strike a balance between obligations and personal fulfillment seems

like an insurmountable task, with time constraints and societal expectations constantly weighing us down. Yet, it is imperative that we carve out time for the things that bring us joy. These activities not only replenish our energy but also inject meaning and purpose into our lives.

By consciously making space for the activities we enjoy, we create opportunities for personal growth and self-discovery. We regain a sense of control over our lives, allowing us to nourish our souls and find fulfillment outside of our obligations. It is essential to prioritise our own well-being, seeking a healthier harmony between what we must do and what truly brings us happiness.

By rebalancing our focus from obligations to personal fulfillment, we can reclaim our sense of self and find solace in the things that truly matter. Remember, life is too short to deny ourselves the simple pleasures that bring us joy and inject meaning into our existence.

Take some time to consider what you enjoy doing and why it makes you feel good.

CHAPTER II

Feel Your Emotions

It is important for us, as human beings, to acknowledge and deal with our emotions instead of suppressing them. Allowing our feelings to accumulate and bottle up not only leads to a depletion of our energy, but it also has the potential to affect our connections with others. Moreover, it is crucial to understand that experiencing various emotions is completely normal, natural, and essential for our overall health and well-being.

When we choose to bury our emotions, we inadvertently drain ourselves mentally and physically. The effort it takes to keep these emotions hidden places an immense burden on our energy levels and leaves us feeling exhausted. Additionally, the toll this takes on our relationships is significant. By not properly addressing our emotions, we may unintentionally distance ourselves from others, hindering the formation of strong and genuine connections.

It is vital to remember that feeling emotions is an integral part of being human. Emotions serve as indicators of our needs, desires, and boundaries. Suppressing or denying them can create imbalance and potentially harm our mental and physical health. Let's take a minute to process your emotions right now. How do you feel? Can you describe it? Can you visually portray it? Take some time to doodle your current emotions.



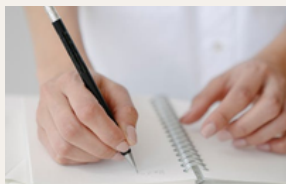
CHAPTER III

Record Your Thoughts

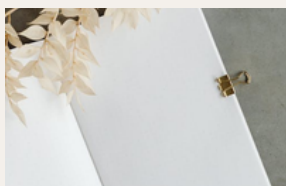


Throughout the day, we all experience a multitude of thoughts, ranging from positive to negative. Trying to control our thoughts can be a fruitless endeavor, draining us of valuable energy and time and leading to frustration and panic.

Rather than struggling for complete control, a healthier approach involves increasing our conscious awareness of our thoughts. By observing them without judgment or attachment, we can gain insight into our thinking patterns and respond to them intentionally.



Developing the ability to detach ourselves from the content of our thoughts allows us to prevent them from overwhelming us and dictating our emotions. Approaching our thoughts with curiosity and openness can also reveal valuable insights about ourselves.



The key lies not in controlling our thoughts, but in mastering our response to them. Practicing mindfulness and expanding our conscious awareness empowers us to navigate our thoughts with grace and resilience, enabling us to lead more fulfilling lives unaffected by the transient nature of our thoughts.

Allocate a portion of your daily schedule throughout this week for reflecting on your thoughts and modifying your reactions to ensure they have a positive impact on your well-being. Keep track of your emotions during this process.

CHAPTER IV

The Power of Green

Green represents nature, growth, and renewal.

It has the power to heal, calm, and rejuvenate. It symbolises sustainability, balance, and harmony. Green is a color that brings peace and vitality to our lives. Green, the color of nature, brings us closer to the present moment and encourages us to be more aware of our surroundings. It helps us find balance, reduces stress, and connects us with the healing energy of the Earth.

Getting fresh air and spending time in green places is great for physical and mental wellbeing.

It assists in reducing blood pressure and stress while enhancing the immune system. Therefore, engaging in activities like strolling through a nearby park and appreciating the trees, flowers, and wildlife can be beneficial. Additionally, participating in conservation efforts such as tending to your garden, caring for a houseplant, or joining a local green initiative can also be a viable option.

If circumstances prevent you from venturing outdoors, you can still find solace in colouring therapy using various shades of green pens or pencils. By observing the strokes of your chosen artistic instrument and the intricate designs on the page, you can appreciate the differing hues of green and their unique characteristics.



CHAPTER V

Be More Grateful

Each day, we find ourselves constantly enticed by the idea that we need certain things in order to be happy or successful. Society bombards us with messages highlighting what we lack, cultivating a sense of dissatisfaction within us. However, it is crucial for our well-being and contentment to pause and reflect on the things we already possess. By acknowledging and appreciating our current blessings, we can refocus our attention on the positive aspects of our lives, gaining a valuable perspective.

This process of recognising what we have may encompass a broad range of experiences and objects. It could be as simple as taking a moment to savour the aroma of a freshly brewed cup of coffee, finding joy in the warmth it brings to our senses. Alternatively, it might involve expressing gratitude for the unique and fulfilling connection we share with a close friend, acknowledging that such relationships are precious and worthy of celebration. The point is, regardless of its form or magnitude, every positive aspect of our lives counts towards our overall well-being.

Through cultivating gratitude for our present circumstances, we begin to shift our mindset from one of lack to one of abundance. By recognising the things we are fortunate to possess, we gradually gain a deeper appreciation for the richness and completeness of our lives. This shift in perspective enables us to find contentment within ourselves, fostering a sense of fulfillment that is not contingent upon constantly acquiring more. Furthermore, by focusing on the positives, we are better equipped to navigate the challenges that life throws our way, armed with the knowledge that we possess the necessary resources to overcome them.

Now, take a few minutes to write a thank you note for three things you're grateful.



CHAPTER VI

Do a Tech Check

Technology has undoubtedly revolutionised the way we connect with others, offering us countless opportunities to engage and stay in touch. However, it's crucial to be mindful of our technology usage, as excessive reliance on it can often leave us feeling overwhelmed and stressed. It's essential to strike a balance to maintain our mental well-being amidst the digital age.

Another aspect exacerbated by technology and social media is the prevalent presence of altered and filtered photos. The abundance of these images often triggers comparison, leading us to question our own self-worth and diminishing our self-esteem. This harmful habit can significantly impact our mood, creating a negative cycle that hampers our overall happiness.

To break free from these pressures, taking regular breaks from technology can be incredibly beneficial. Stepping away from the constant influx of information allows us to refocus, recharge, and truly relax. By disconnecting, you can center your attention on your own needs and engage in activities that bring you joy, instead of fixating on others' lives through a screen.

Prioritising self-care and making time for offline experiences can help rekindle your passion for life, foster personal growth, and cultivate a healthier relationship with technology. It's during these breaks that we gain the opportunity to connect with ourselves, loved ones, and the world around us on a deeper level.

Remember to use technology as a tool, not as a dominating force in your life. Embrace the power of occasional disconnection, finding solace in the present moment and the richness it brings. Ultimately, a more balanced and mindful approach to technology will pave the way for a happier and more fulfilled existence. Why not try these tips?

- Turn off your phone for an hour
- Take a break from watching TV or dedicate an evening where you refrain from checking emails or social media
- Remove unnecessary apps and adjust notification settings on your mobile devices to avoid getting easily distracted by them
- Recognise moments when you instinctively reach for your phone and decide to engage in an alternative activity

CHAPTER VII

Get Organised

Enhancing one's time management skills can greatly enhance their sense of control and ability to handle pressure. By improving how they allocate and prioritise their time, individuals gain a greater sense of ownership over their schedule, leading to a feeling of confidence and authority. Additionally, effective time management fosters a proactive mindset, allowing individuals to stay on top of tasks and deadlines, reducing the likelihood of feeling overwhelmed by pressure.

To initiate this process, consider the following steps:

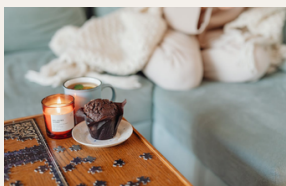
1. Compile a list of tasks and prioritise them according to their importance.
2. Utilise your peak productivity hours to tackle the most crucial tasks that demand high energy and concentration.
3. Introduce variety to your activities by alternating between interesting and less exciting tasks, or balancing challenging tasks with relatively easier ones.
4. Avoid taking on an excessive workload simultaneously as it can intensify pressure and overwhelm you.
5. Allow yourself regular breaks and refrain from rushing through your tasks, ensuring a healthy pace of work.



CHAPTER VIII

Just Breathe

Deep breathing is a simple yet powerful technique that can greatly improve your well-being. When faced with a challenging day, taking a moment for self-reflection and intentionally slowing down your breath can have significant benefits. By doing so, you send a signal to your brain that triggers a relaxation response, lowering your heart rate, relieving muscle tension, and reducing negative emotions.



Incorporating deep breathing into your daily routine provides a sense of calm and allows you to release accumulated stress. This practice also helps your mind and body unwind, promoting a tranquil state. Furthermore, it enhances emotional resilience and clarity, making difficult periods easier to navigate.



Take a moment for yourself and discover the power of deep breathing. Try this rejuvenating practice and experience a world of serenity:

- Find a quiet and safe place to sit comfortably – place both your feet flat on the ground, hip-width apart
- Breathe in through your nose whilst counting to 7, allowing your chest to expand, ensuring your shoulders are relaxed.
- Now, breathe out through your mouth whilst counting to 11, paying attention to how the air is leaving your lungs.
- If you can't manage the length of this breathing exercise, try counting to a smaller number and increasing this as you feel more comfortable – the key is to ensure the out breath is longer than the in breath.



CHAPTER IX

Countdown To Calm

Practicing mindfulness can be instrumental in cultivating a sense of mental mastery, enabling better emotional regulation, stress reduction, and increased self-control. Here's a technique that can be particularly valuable in situations where physical movement or writing instruments are not readily available. This technique relies solely on the power of your imagination.

To begin, close your eyes and allow your mind to transport you to a place where you feel utmost tranquility, a haven of relaxation and peace. Take a moment to vividly imagine the various elements of this place – its visual aspects, the colors and shapes that surround you, and any sounds that resonate within it. Consider whether the environment feels warm or cool, inviting you to unwind further.

As your mind begins to wander and your body relaxes, you will gradually achieve a state of complete serenity.

While mindfulness facilitates acceptance and a positive response to current events, fostering a tranquil mindset is equally vital. To explore this further, delve into our additional journal in this collection. May your journey towards a mindful life be an enjoyable one.



This is the beginning of something good.

The Mindfulness Journal

Copyright © Sincerely Essie, 2021

Illustrations © Pexels

All rights reserved.

No part of this journal may be reproduced by any means, not transmitted, nor translated into a machine language, without the written permission of the publishers.

Condition of Sale

This journal is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out or otherwise circulated in any form of binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

