**Mindfulness Tips**

1. **Seek out, create, and notice new things.**
   1. **TRY THIS!** Take two or three *very* deep breaths. Breathe in through your mouth to your natural limit. When you’ve reached that limit, inhale a little bit more until you feel your diaphragm stretching out front, back and sides… to your very limit, and then exhale. Take a moment to really notice the sensations in your body and where your thoughts are taking you.
2. **Realize how behavior can be understood differently in different contexts.**
   1. **TRY THIS!** Think of a coworker or friend that has done something that would typically embarrass or anger you. Now, think of three positive reasons that the individual might have acted in this way. How did it make sense from his/her perspective? By coming up with positive reasons for another’s behavior, you’re more likely to be more understanding, empathetic, and open to seeing the situation in new and positive ways.
3. **Reframe mistakes into successes.**
   1. **TRY THIS!** Start using a pen to document all things, not a pencil! Pencils allow us to erase mistakes and lose track of the process. Using a pen helps keep track of the progress you have made along the way.
4. **Be aware that stress (and all emotions) are the result of our views about events.**
   1. **TRY THIS!** Consider a particular event which would normally cause you stress. First, think of three outcomes that you perceive are “negative” that generate fear. Then, think of three reasons why this negative event you fear may not even occur. Finally, think of three reasons why, if this perceived “negative” event were to occur, it could have positive ramifications in the long run. The key is to understand that stress is created by your interpretations of events, not the events themselves. Greater awareness of your thoughts and judgments creates greater choice.
5. **Be authentic.**
   1. **TRY THIS!** Today, identify three things you don’t like about yourself. What is the positive version of each of these traits? Can you reframe what you don’t like to create a more positive interpretation of your qualities and traits? For example, are you “slow” or merely contemplative? Are you “impulsive and rash,” or simply spontaneous? Are you “obstinate” or determined and tenacious?