

Mindfulness- How you do it

In the present-
One thing at a Time



The here and the now!

- ***Do one thing at a time*** (Don't eat and talk at the same time)
- ***Pay all of your attention to one thing at a time***
- When you've been distracted, focus on one thing again.



Mindfulness- How you do it







1.



2. ACCEPT



3. Be Non-Judgmental

-  Not what should or should not
-  Not what is fair
-  Not what is right or wrong
-  Notice what IS happening NOT what you think about it



Mindfulness- How you do it

EFFECTIVELY:

focus on what works



Keep on working

Do what works

Use your skills the best you can

- Think about the rewards and consequences of your behavior
- Let go of the feelings that don't help





Washtenaw County Community Support & Treatment Services
2140 E. Ellsworth, Ann Arbor, MI 48108
www.ewashtenaw.org