

imagine mindfulness



WEEK SEVEN

Mindfulness In What We Consume

Physically ~ Mentally ~ Emotionally ~ Spiritually

STRESS AND REACTIVITY

"Stress is when perceived demands exceed perceived resources."

Stressful situations can deplete resources at a critical time when we need them to meet increased demands.

MINDFULNESS

"Intentional, nonjudgmental awareness through attention, right here, right now, with curiosity and compassion."

Rather than going "autopilot", nourishing yourself with awareness, self compassion, and intentional choices.

FOOD

Feeding Body and Mind

Habitual patterns of consumption when stressed

Caffeine Alcohol Over Eating Skipping meals
Eating too quickly Fat Salt Sugar Carbs

Fuel your body and mind with life-sustaining food

Foods that don't spike blood sugar levels
Foods rich in antioxidants (spinach, berries, etc.)
Water - staying hydrated
Fruits & Vegetables
Foods rich in B vitamins
Whole Grains

Knowing what is involved in the process of getting your food onto your plate.

Save

YOU ARE WHAT YOU EAT



EVERY 35 DAYS, YOUR SKIN REPLACES ITSELF AND YOUR BODY MAKES NEW CELLS FROM THE FOOD YOU EAT, WHAT YOU EAT LITERALLY BECOMES YOU

YOU HAVE A CHOICE IN WHAT YOU'RE MADE OF!!!

Tasty.com

MEDIA

Are you nourishing or depleting yourself in the media you consume?

Habitual patterns of consumption that deplete

Toxicity: violence, craving, fear, anger, despair ...

Addiction: too much, too long, too many platforms ... "TMI"

Extremism: sensationalism, judgement, selling a point of view ...

Supportive consumption that fuel resources

Bringing wise and kind attention to information & technology - it serves *us*.

Allowing yourself the peace of silence.

Cultivating health and healing for individuals, communities, cultures, and the planet as a whole.

INTERPERSONAL COMMUNICATION

Communication is two-way. Are you aware of your part?

Habitual patterns of communication when stressed

Multi-tasking

Blaming self and others

Expectations

Assumptions

Fight/Freeze/Flight

Intentional supportive consumption

Clear and concise communication

Nurturing relationships

Responsible for our own perceptions, thoughts, feelings, and behaviors.

Living into who you are, honoring yourself.

Expanding the field of awareness: seeing and honoring another's point of view.

Emerging with greater harmony and mutual respect (not zero-sum).

SELF COMPASSION

Nourishing yourself with awareness, self compassion, and intentional choices.

Supportive Voice

Play (non-competitive)

Control versus Letting Go

Laughter / Fun / Smile

Curiosity

Beauty / Gratitude for the Natural World

Interconnectedness

Leaving Space in Life

A photograph of a wooden walkway with railings in a forest. The walkway is made of wooden planks and is flanked by wooden railings with vertical posts. The path leads into a dense forest of tall, thin trees. The lighting is soft and natural, suggesting a quiet, serene environment. The text "What do you choose?" is overlaid on the bottom of the image.

What do *you* choose?