

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 in a forest. The walkway is made of weathered wooden planks and is flanked by a wooden railing with a wavy top edge. The railing is made of vertical posts and horizontal rails. The forest is filled with tall, thin trees, some with bare branches and some with green leaves. The ground is covered in fallen leaves and twigs. The lighting is soft and natural, suggesting a forest setting.

What do *you* choose?