

Mindfulness: *Why being present at work and at home matters*

“The world is full of magic things, patiently waiting for our senses to grow sharper.”
- W.B. Yeats –

There are various techniques which you may use to become more mindful. Almost all these techniques are based on quieting the mind, experiencing through the senses, introspection and self-awareness. One of these techniques is to eliminate automatic negative thoughts:

1. **Accept the emotion**, never suppress, ignore or deny it. Let it flow through you in a non-judgmental manner.
2. **Question the wisdom the emotion is trying to tell you**. Remember the things that upset us the most are the parts of ourselves that require the most work, therefore look deeper.
3. **Reach for a better feeling thought**. Know you can change negative neural maps and their resultant negative vibration and reaction, by repeating a positive alternative. You have the power of choice.
4. **Eliminate ANTS** – Automatic, Negative, Thoughts by replacing them with a positive alternative
4. **Make several choices**. We always have more than one option to make.
5. **Consider this choice through your purpose**. Does my choice reflect my higher self?



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