

Practicing

mindfulness

Green Goddess

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Rock Canyon High School

My Commitments To Mindfulness

MINDFUL BREATHING

Recently in my psychology class at school, we have been studying the topic of mindfulness, and how this generates positive benefits on the brain. So in class, my teacher allocated 20 minutes of our time in class to provide us an opportunity to explore the feeling and effects of mindful breathing and meditation.



MINDFUL YOGA

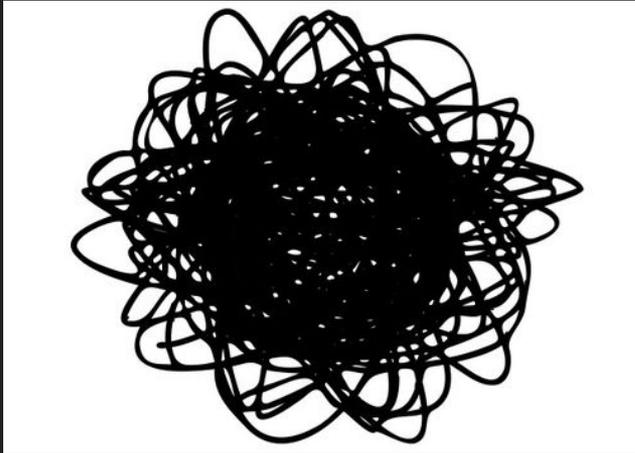
My school week is usually highly stimulated and heavily scheduled. So after school and after sports practice, I drove home where I felt the need to step away from my highly stimulated life. So, I laid down a yoga mat in my living room before I practiced 15 minutes of yoga.



How I Felt...

BEFORE

Before each practice, I felt distracted and extremely stressed to the point that I felt like there was no light at the end of the tunnel. When I wasn't at school, I was busily trying to finish my next homework assignment or study for a test.



AFTER

Afterwards, I felt rejuvenated and refreshed, as if I can see my life in a whole new life. My mind was a lot clearer because these exercises took my mind away from these things. It was definitely something that I needed because I found myself being more efficient and positive.



Distractions That May Have Impeded Me

MINDFUL BREATHING

- The movement of my classmates
- Opening and closing of the classroom door
- Somebody's coughs or sneezes
- Thinking about my latest test results
- Mind drifting to the long list on my "to do" list

MINDFUL YOGA

- Exhaustion from my school day and sports practice
- Mind bogged by the amount of homework waiting to be done tonight
- Garage door opening
- Doors slamming
- Turning on and off of the heating

How To Avoid This In The Future

In order to avoid having these distractions impede me from these mindful practices, I can aim to listen to only the sound of my breathes as air comes into my nose and out of my mouth. Being intently focused on this will ensure me that I will be too focused to forget that I don't become distracted with internal and external influences.

Which Practice Did You Prefer & Why?

Personally, I preferred the exercise of mindful yoga because not only is it a mindful practice, but also it was an exercise that strengthened my body. Essentially, it basically killed two birds with one stone. It provided me with an outlet away from my heavily stimulated life but also was another source of exercise for me.

