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Day 19

One mindful practice that I performed today was mindful eating. As a busy college student, a big part of my life is spent on schoolwork and studying, so I try to spend as little time as possible deciding on what to eat and savoring my food. What I eat during my meals are simply a means of refueling/recharging my body so that I can move on to the next activity in my life. So when I decided to try mindful eating at breakfast today, I couldn't help but feel anxious beforehand because I kept wanting to eat as fast as possible. However, once I put my phone down and deliberately tried to savor my food and appreciate the moment I was in, I could slowly feel my nervousness melt away. In a world so fueled by deadlines and endless tasks and shifting goals, it felt really nice to sit down and not think about anything.

Another mindful practice that I implemented today was a mindful yoga. Yoga is one of my favorite exercises to do because it is so simple and straightforward and it really helps with my flexibility. I was really excited to try mindful yoga, and as I went through each pose, I tried to associate how physical sensations were linked to my emotional feelings; for instance, when I went into Child's Pose (as seen in the photos below), my body was completely relaxed and I could feel my mind go blank and empty, and when I was in the 3 Legged Dog, I could feel my entire body stretch and strain under the pressure. Although it was not entirely unpleasant, I couldn't help but feel slightly uncomfortable. After the mindful yoga, I immediately felt calmer and less stressed and my overall mood for the day immediately improved.

The only barrier that stopped from having an effective mindful session was when I was eating; my mental mindset made me keep thinking that I needed to eat as fast as I could in order to rush back to my dorm to do homework or that I needed to check my phone for any new emails. It was a long and slow process for me to become mindful and I want to overcome this mental block by practicing mindfulness more often. For instance, the next time I eat dinner, I want to be able to slowly savor my food and not rush.

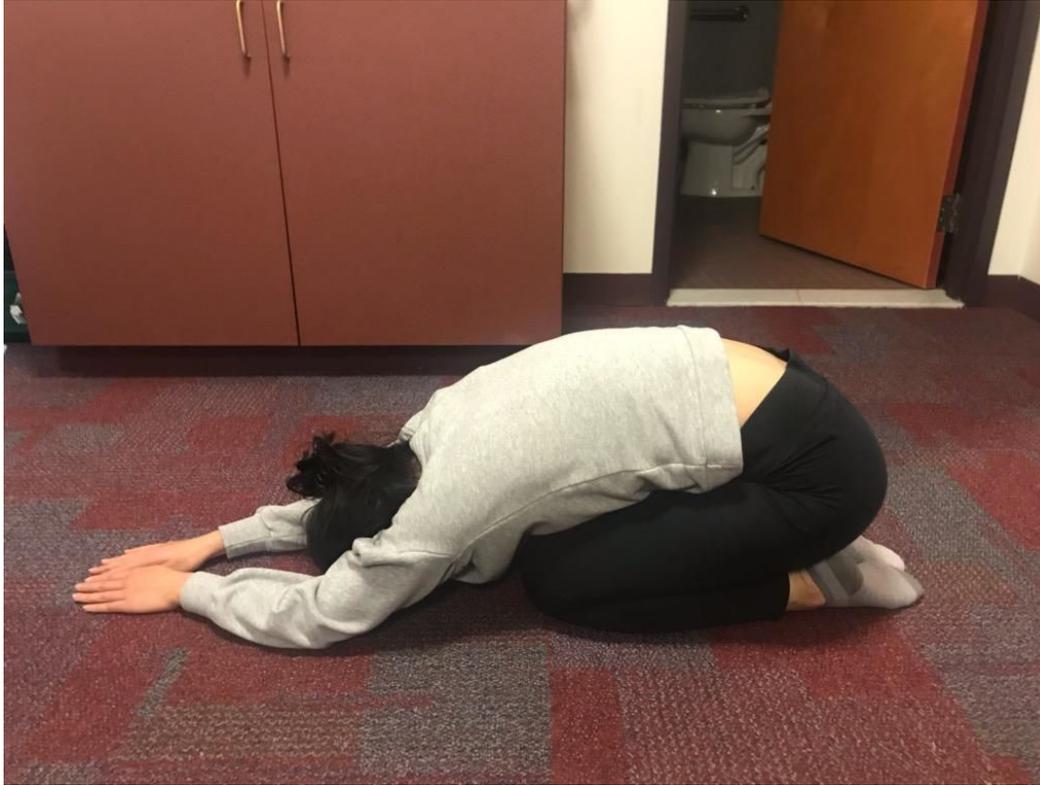


Photo 1. Doing the Child's Pose! So simple and relaxing!



Photo 2. In the 3 Legged Dog! I could really feel the stretch here!

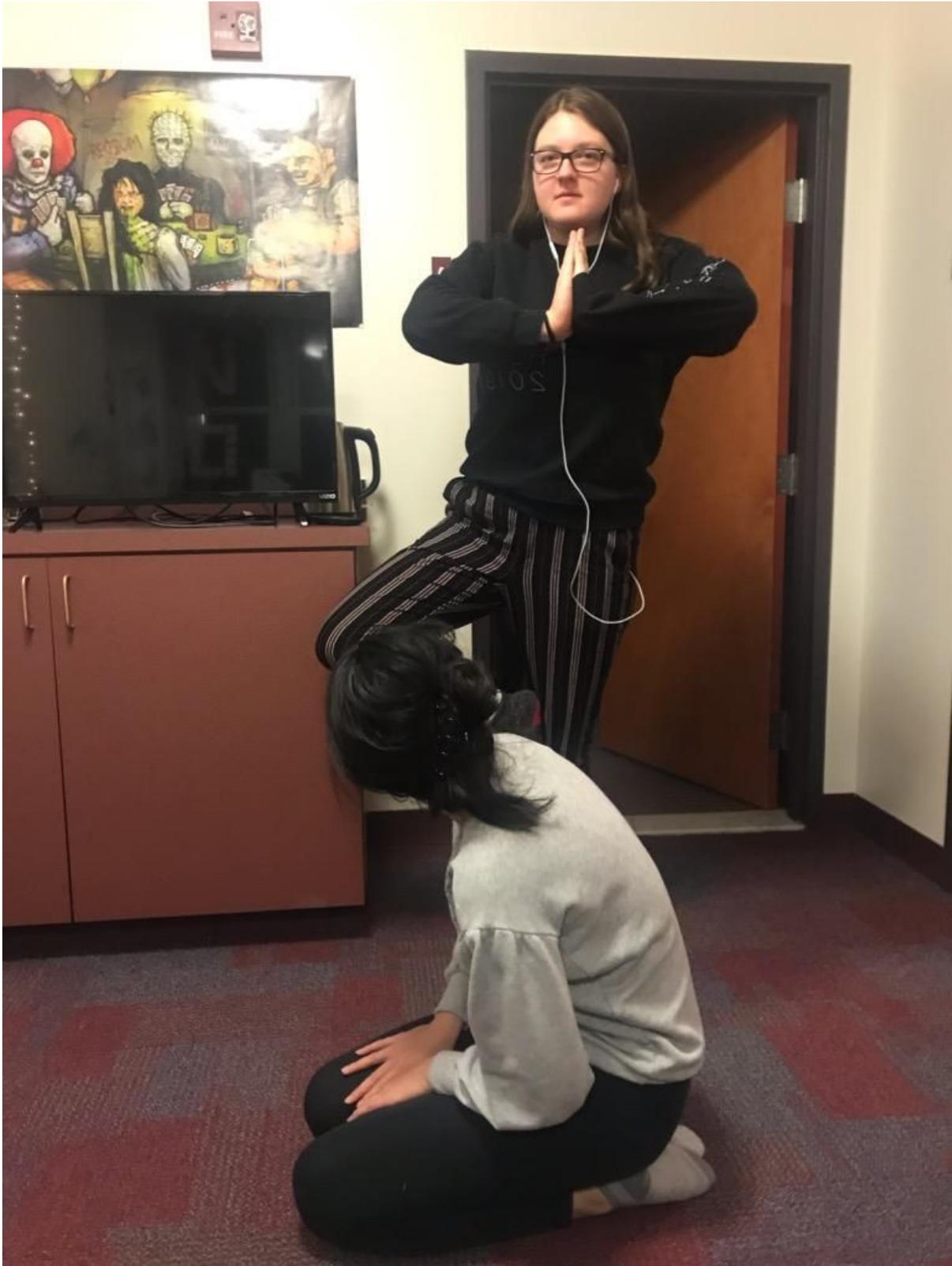


Photo 3. Kara joined me with my mindful yoga! She is doing a great Tree Pose!



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We sometime go through life on autopilot, moving from one deadline to the next. PGC taught me how important it is to take time off and create a space for ourselves to think and breathe. Today I did mindful yoga with Kara!
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