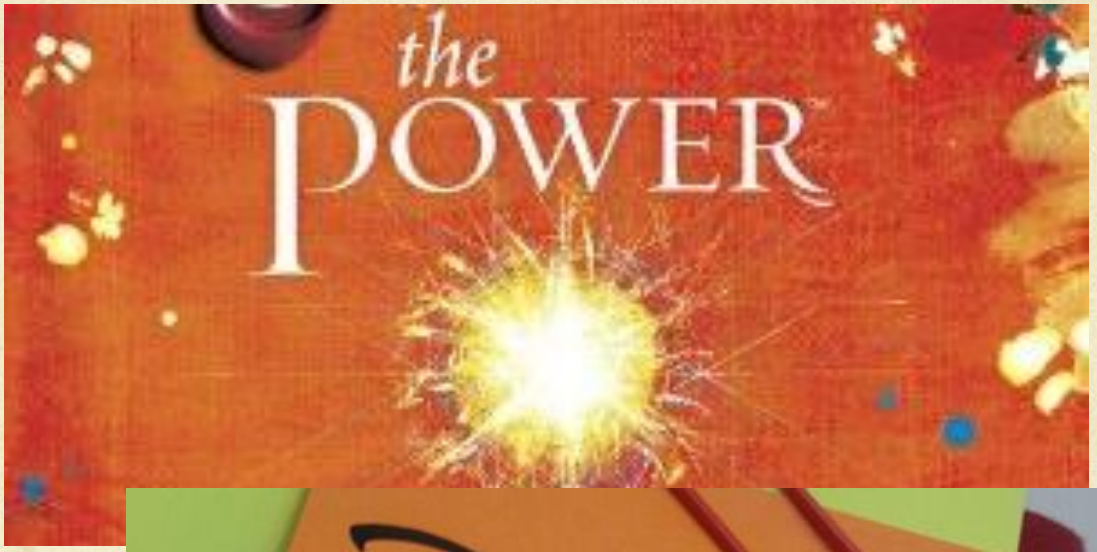
MINDFULNESS



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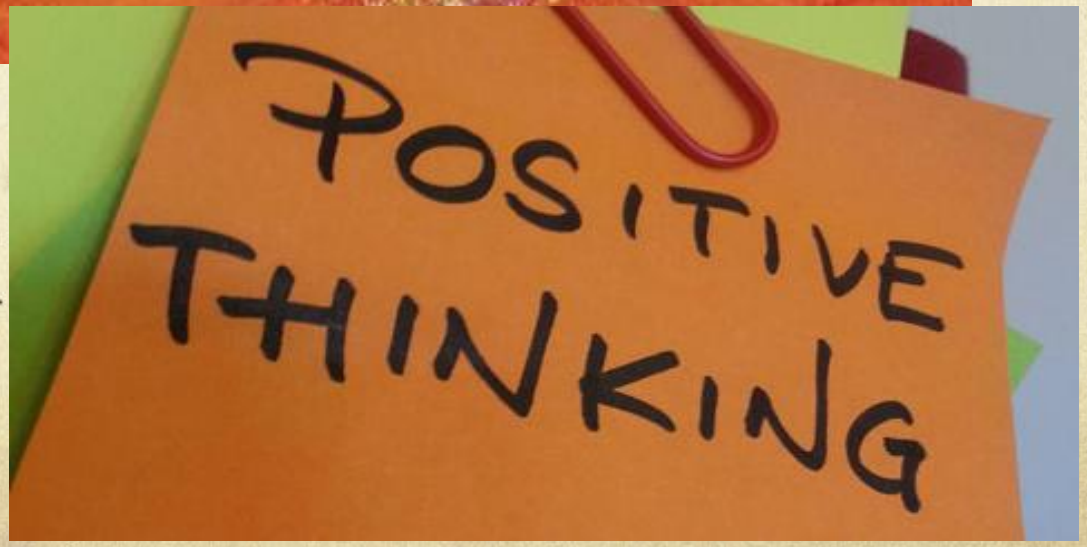


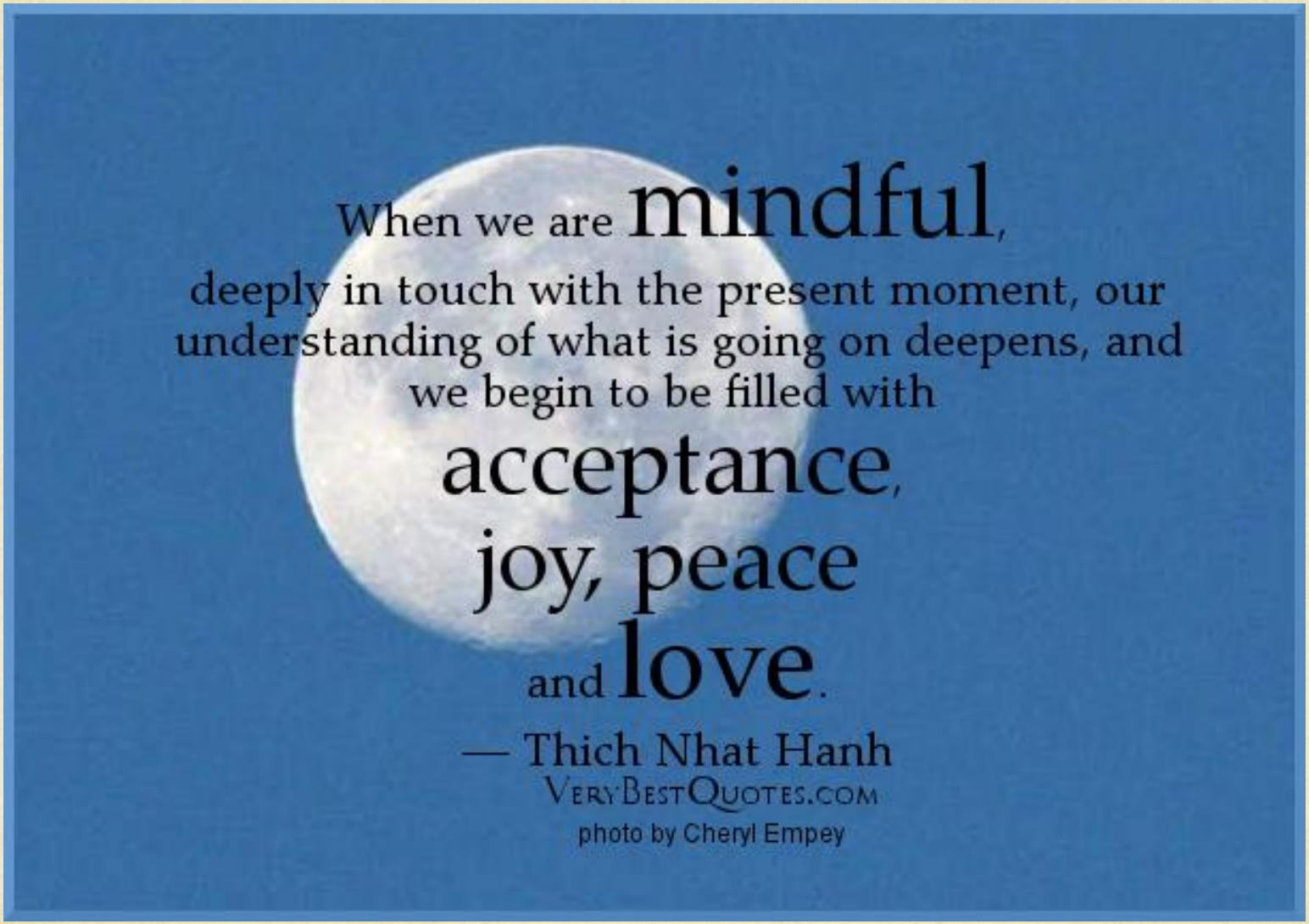
mind·ful·ness

/ˈmīn(d)f(ə)lnəs/

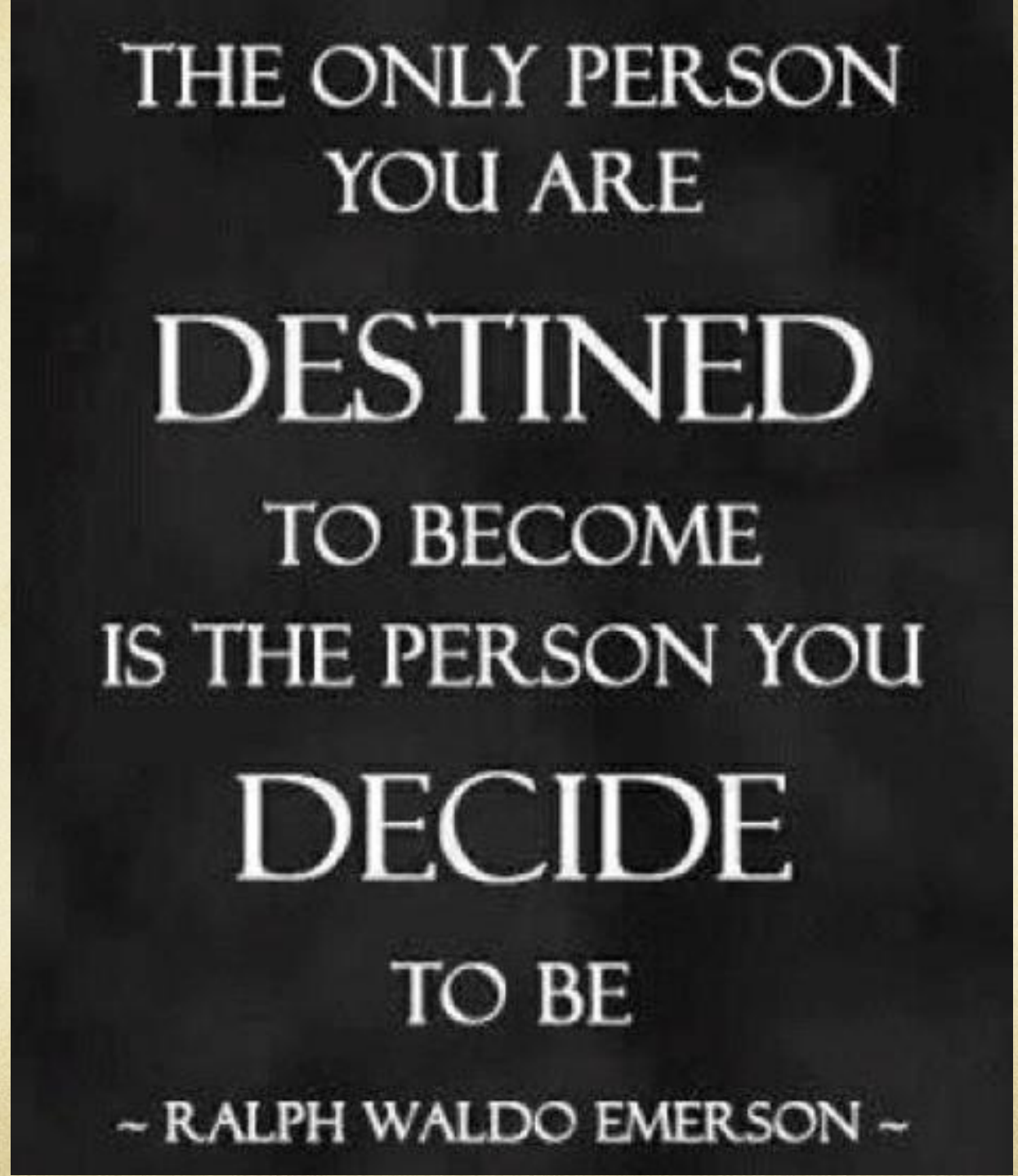
noun

1. the quality or state of being conscious or aware of something.
   "their mindfulness of the wider cinematic tradition"

2. a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.


When we are mindful,
deeply in touch with the present moment, our
understanding of what is going on deepens, and
we begin to be filled with
acceptance,
joy, peace
and love.
— Thich Nhat Hanh
VeryBestQuotes.com
photo by Cheryl Empey

Mindlessness Pervades Much of Human Activity


THE ONLY PERSON
YOU ARE
DESTINED
TO BECOME
IS THE PERSON YOU
DECIDE
TO BE
~ RALPH WALDO EMERSON ~

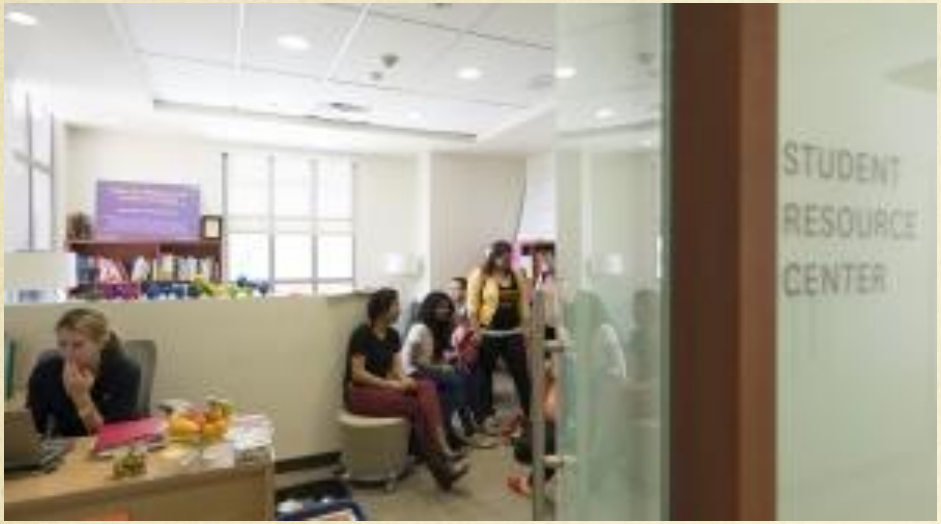
Negative Thoughts…
What is Happening?

How Full is Your Glass?

Combatting the Negative

- Acts of Kindness
- Yoga
- Meditation
- Positive Journaling/Affirmations
- Take a Mental Photograph
- Visualizing
- Thought Journal
- Finding Unexpected Sources of Happiness/Simple Pleasures
- Practice Gratitude

Resources at USC



- Group Counseling - http://engemannshc.usc.edu/counseling/groups/
- Office of Religious Life - http://orl.usc.edu/programs/
- Student Organizations - http://sait.usc.edu/stuorgs/
- Student Resource Center – Engemann Student Health Center Room 203
- USC Fisher Museum of Art - Free Yoga - http://fisher.usc.edu/education/#ecal-913890
- USC Wellness – http://bewell.usc.edu

Additional Resources

- Authentic Happiness – Martin E.P. Seligman
- Calm.com
- Feelhappiness.com
- Mindful.org
- Mindset: The New Psychology of Success – Carol S. Dweck
- Positivity – Barbara L. Frederickson
- The Power – Rhonda Byrne
- The Secret – Rhonda Byrne

THE WAY TO HAPPINESS:
KEEP YOUR HEART FREE
FROM HATE,
YOUR MIND FROM WORRY.
LIVE SIMPLY,
EXPECT LITTLE,
GIVE MUCH.
SCATTER SUNSHINE,
FORGET SELF,
THINK OF OTHERS.
NORMAN VINCENT PEALE
KatrinaMayer.com