



MINDFULNESS CHALLENGE

With this workbook, you will learn how to be mindful in your everyday moments – from waking up in the morning to going to bed at night. You'll find simple exercises and techniques that you can use anytime, anywhere.

And best of all, you can start seeing results right away.

Sharla Crowie MSW, RSW



I'm a Registered Social Worker who has dedicated the last 14 years working with women to heal and re-write the story of anxiety and all the fun it brings to the party. I also specialize in working with individuals living with ADHD and disordered eating.

I'm passionate about teaching women how to re-wire their brains, re-write their stories to where they feel empowered and free, and challenge oppressive systems one by one so together we can change the world. What could be more rewarding than that?

When you're feeling overwhelmed by the stresses in life, simple practices like mindfulness can help to bring down that anxiety and stress to allow you to breathe. That's what this workbook is for. To show you how to practice mindfulness intentionally.

Charla Crowie



TABLE OF CONTENTS

I. THE INTRODUCTION TO MINDFULNESS

A Guide to Living in the Present Moment

2. HOW TO START BEING MINDFUL + EXERCISES

We overcomplicate a lot of things in our world, mindfulness included. I'll share with you some easy, simple strategies to get started today.

3. 3 DAY MINDFULNESS CHALLENGE

Take 3 days to try out mindfulness exercises for yourself and see what you notice!



The Introduction to Mindfulness

Mindfulness is all about being in the present moment and living in the here and now. When you are mindful, you are completely aware of what is happening around you and within you. You are not focused on the past or the future – you are simply experiencing what is happening right now.

Mindfulness is about being present in each and every moment, whether it is good or bad. It is about accepting things as they are, without judgment or trying to change them. Mindfulness allows you to live more fully in the present moment and appreciate the beauty of life, even when things are tough.



How to Practice Mindfulness

So how do you practice mindfulness? There are many different ways, but one of the simplest is to focus on your breath. Breathe in slowly and deeply, and then breathe out slowly and fully. Pay attention to the sensation of your breath entering and leaving your body. If your mind wanders, simply bring it back to your breath. You can also try focusing on other sensations, such as the feel of your feet on the ground or the smell of a piece of fruit or tea.

Mindfulness can be a powerful tool for living a more peaceful and meaningful life. When you are mindful, you are able to let go of your worries and concerns and simply enjoy the moment. Mindfulness can help you live more fully in the present moment and appreciate all that life has to offer.

The key to mindful practice is this: it is not about getting rid of thoughts or feelings – it's about observing them without judgment. When you practice mindfulness, you learn how to accept things as they are, without trying to change them, approve or disapprove. That you accept what is, right there in that moment. If it's raining outside, you might be tempted to say "ugh, it's raining again. I hate the rain. It makes everything muddy." Mindfulness of that moment says, "I notice it's raining outside. I hear the rain drops on the window and smell the wet grass." Hear the difference?

2 Easy Mindful Exercises



Notice Your Surroundings

Be in the moment by bringing your senses to your attention (*repeat 3-5 times*):

What do you see?

What do you Hear?

What do you Smell?

What do you Taste?

What are you Touching?



Body Relaxation

Imagine you are holding a lemon in your hands. Try and squeeze out all the juice. Next, stretch your body like a cat, and then shrug your shoulders tight and go into your shell like a turtle. Bite down on a bubble gum ball to clench your jaw. Wrinkle your nose like you have to sneeze, tighten your stomach as if an elephant will be stepping on it, squish your toes into oozy mud, and then curl your toes in like a dancer.

20 Mindfulness Exercises

- Colour a mandala
- List all the songs you know with ____ in the title
- Name cities starting with the letter ____
- Read a poem or short story
- Draw how your heart feels and use words to describe it
- Do a puzzle
- Do a maze or word search
- Write out your name & address with your non-dominant hand
- Write out the lyrics to your favourite song
- Knit or crochet
- Take some different flavours of candy and savour each one; guess the flavour
- Play with clay, sand, or play dough
- Practice deep belly breathing
- Have a cold shower
- Hold an ice cube in your hand or in your mouth and notice the feeling and sensations that arise.
- Play Sudoku or a crossword
- Make a paper airplane/Origami
- Walk slowly, taking 5-10 seconds per step and notice how it feels.
- Look out the window for 20 seconds, then close your eyes and describe what you saw.
- Sip a hot tea/chocolate and notice what it feels like/tastes like/smells like/sounds like.

Reflect

Now that we explored a little bit about what mindfulness is, why don't you take a moment to reflect on what it all means to you.

What does mindfulness mean to you?

Do you ever feel like mindfulness is a struggle for you? If so, why?

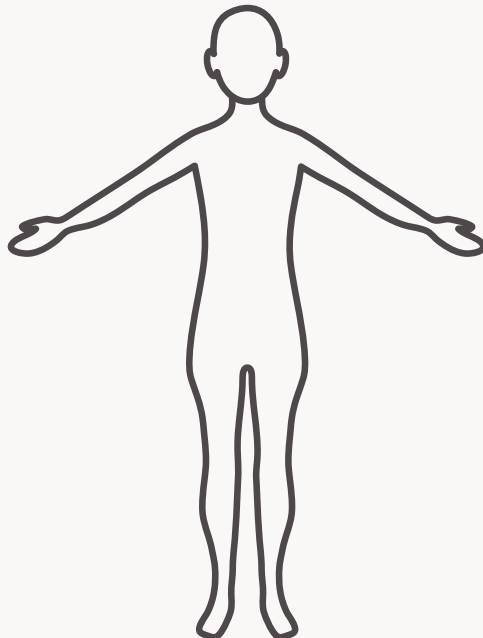
What do you think is the key to being more mindful in your everyday life?

The Mindfulness Challenge Day One

In this section, we will unmask your innermost self. Check in with yourself and your body before your practice.

What do you feel right now?

Where do you feel that feeling in your body?



The Mindfulness Challenge Day One

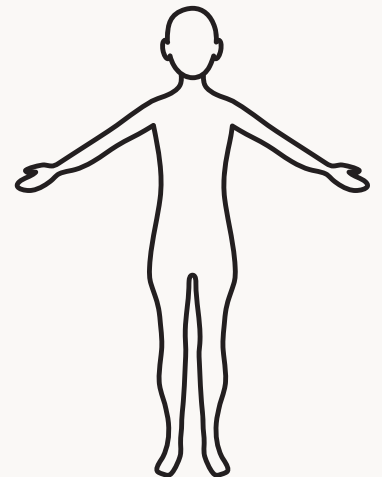
Pick one mindfulness exercise and set an intention to practice it today.

Afterwards, reflect on the following:

What mindfulness exercise did you practice?

What was it like for you during the exercise? Was it hard? Easy? What surprised you?

What did you feel afterward and where did you feel it in your body?



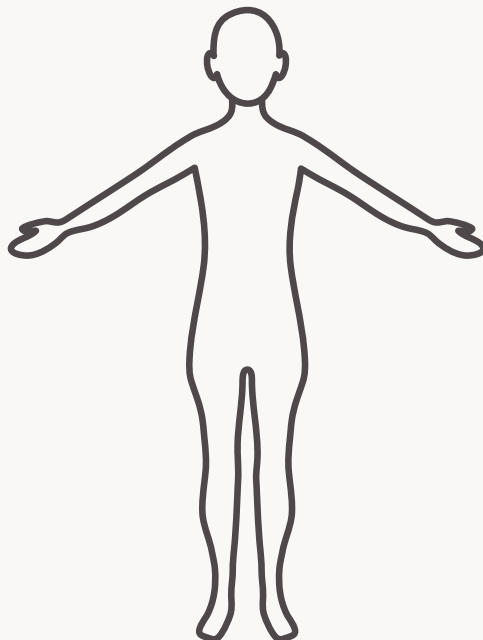
Challenge Day 1 Complete

The Mindfulness Challenge Day Two

Keep going! Remember, it takes time for the body to get used to something new.

What do you feel right now?

Where do you feel that feeling in your body?



The Mindfulness Challenge Day Two

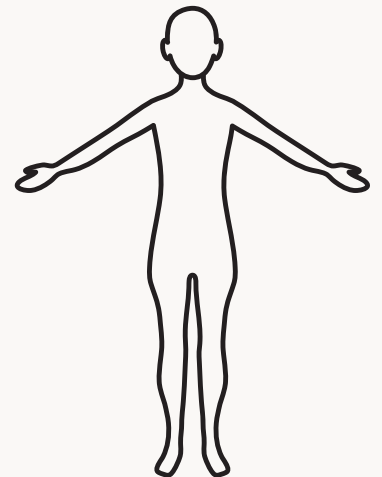
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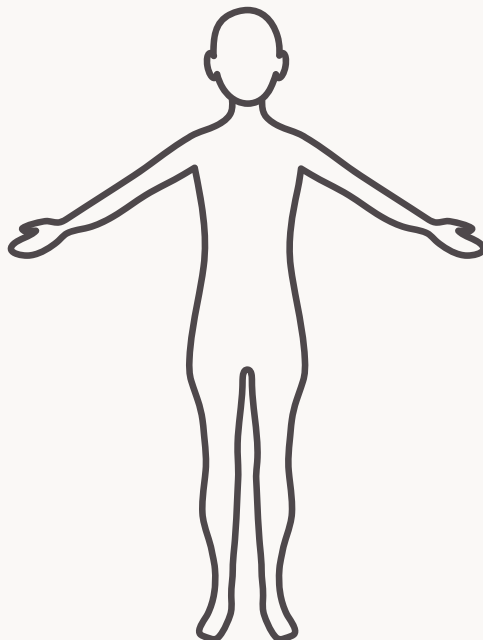
Challenge Day 2 Complete

The Mindfulness Challenge Day Three

You made it to Day Three! Great work. Give it another go and see what you notice.

What do you feel right now?

Where do you feel that feeling in your body?



The Mindfulness Challenge Day Three

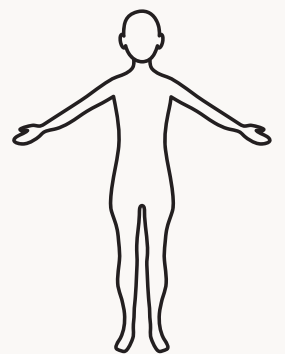
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What did you feel afterward and where did you feel it in your body?



Now that you have done the challenge for 3 days, what intention do you want to set for the rest of your week?



Feeling overwhelmed? Stressed out? Tired of constantly feeling anxious?

The Garden is here to help. We offer a variety of courses and programs that will teach you how to live a more mindful life. You'll learn how to be present in the moment and reduce your anxiety, stress, and overall sense of overwhelm.

With The Garden, you can learn valuable skills at your own pace, and with like-minded individuals who understand what you're going through. You don't have to do this alone!

Come and see for yourself how The Garden can help you live a more peaceful life.

JOIN THE PARTY

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