



## R.E.A.L. Goal<sup>SM</sup>: Mindfulness Activities (Realistic, Easy, Attainable, Life Goals)

**Example:** I will complete at least 1 mindfulness activity at least 4 days a week.

### The benefits:

- Mindfulness is defined as 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.
- Practicing mindfulness activities can lead to a better quality of life through decreasing stress and emotional reactivity, increasing focus and memory, improving sleep and allowing for better management of chronic pain.
- Being mindful can also help protect an individual from stressful conflicts in a relationship; and increase compassion, empathy, and kindness toward others.

### Try these mindfulness activities:

- Meditate
- Spend time stretching or working through a yoga routine
- Practice breathing exercises
- Go for a walk
- Listen to music or a podcast
- Forgive yourself
- Spend time journaling
- Focus on being present in the moment
- Spend time in nature
- Do a puzzle or other creative activity
- Search "Mindfulness Activities" on WebMD

### Incorporate mindfulness into everyday activities:

- Doing the dishes:** Savor the feeling of the warm water on your hands, the look of the bubbles, the sounds of the pans clinking on the bottom of the sink.
- Brushing your teeth:** Feel your feet on the floor, the brush in your hand, your arm moving up and down.

- **Driving:** Turn off the radio or turn it to something soothing. Imagine your spine growing tall, find the half-way point between relaxing your hands and gripping the wheel too tightly. Bring your attention back to where you and your car are in space whenever you notice your mind wandering.
- **Exercising:** Turn off all screens and focus on your breath and where your feet are in space as you move. If you are outside, take a look around and enjoy the scenery as your body moves.

To choose another goal, go to: <https://www.deancare.com/wellness/real-goals>

For help to translate or understand this, please call (800) 279-1301. (TTY dial 711)