

OVERVIEW - Informell Exercises:

1. Mindfulness in the everyday life
2. The snap shot
3. Mindful walking
4. Watch the breath for 1 minute
5. Question the perception
6. Recognizing, accepting, exploring, and letting go of the thoughts
7. Recognize, accept, explore and let go of the feelings
8. Recognize auto thoughts
9. Notice resistance
10. Say yes
11. Who knows
12. Leave it - Love it - Change it
13. Mindful communication
14. Mindful listening
15. Not complaining
16. Nonviolent communication - separate evaluation and observation
17. To practice empathy (just like me ...)
18. See no intention behind the mistakes of others
19. To recognize the desire for happiness, peace and health
20. Compassion for yourself and others
21. To practice gratitude
22. Random act of kindness
23. Take responsibility / give
24. 18 Mindfulness tips
25. Mindfulness bells
26. To attempt?
27. set a target
28. Priorities follow