

# EVERYDAY MINDFULNESS STRATEGIES

*with Kelly Falkner*

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INTRO- WHY?

STANDING MEDITATION - 3 MINUTES

DEFINE MINDFULNESS - JON KABAT-ZINN

[JON KABAT-ZINN ARTICLE](#)

[MINDFULNESS FOR BEGINNERS \(AMAZON LINK\)](#)

GRATITUDE JOURNAL

NEUROPLASTICITY - TRAINING OUR MINDS

PRACTICE WHAT WE PREACH

1. **BREATHE!**

[HTTPS://MEDIUM.COM/@ANDREW\\_R\\_ROSEN/RELAX-AND-WIN-SUMMARY-DE1F8AD5BACE](https://medium.com/@andrew_r_rosen/relax-and-win-summary-de1f8ad5bace)

2. **GET GROUNDED.**

3. **DO ONE THING AT A TIME.**

(EXPLAIN TASK SWITCHING) DR. AMISHI JHA

[DR. AMISHI JHA INTERVIEW W/ BRENE BROWN \(LINK TO PODCAST PAGE\)](#)

4. **SET AN INTENTION.**

5. **MOVE!**

[YOGA AT YOUR DESK \(6.5 MINS\)](#)

[OFFICE BREAK YOGA \(14.5 MINS\)](#)

PICK A MINDFULNESS CARD.

[MINDFULNESS CARDS \(AMAZON LINK\)](#)