

MINDFUL MOVEMENTS

WHAT IS IT?

Depending on our **individual states** and perceptions of self and body, we may experience great difficulty with being kind to ourselves when exercising and/or moving our bodies.

These mindful movement entries are less about the ‘exercise’ and more about the benefits of **finding joy through movement** again, beyond the goal of weight loss or changing the body.

The more you can align yourself with feelings of gratitude for what your body can do, the more joy you will find in these moments of mindful movement.

Be gentle with yourself, it can take practice and time.

Trying new activities, pushing yourself out of your comfort zone **for the simple goal of fun and joy**, is a beneficial way to slowly restructure old perspectives around exercise and our moving our bodies through activity.

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MINDFUL MOVEMENTS

HOW TO

- no time expectations
 - can be 2 minutes of stretching or can be a 1 hour dance class – **all and any joyous movement is good**
- practice non-attachment to the outcomes
 - focus on body movements with the aim of bringing joy
 - detach from perfectionism
- **say thank you to your body**
 - before, during, and after the activities
- try new things!
 - if you get bored or are unsure try things with a buddy or even a pet to spice things up!
- don't judge yourself if you're not great at something new right away - that's learning, if it brings joy you're doing great!

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EXAMPLES OF ACTIVITIES

.....
*Literally anything you like that is safe for yourself and
others, here are some examples (not limited to):
.....

Walking to a coffee
shop

Group sports
(informal or formal)

Jumping on a
trampoline

Going for a bike
ride

Gardening/yard
work

Explore hiking
paths

Jogging

Dancing!

Skateboarding

Canoeing/Kayaking

Hacky-sack

Getting off the bus
early = a little walk

Tennis

Golf or mini-golf

Volley ball (formal
or at a park/beach)

Walking to a market

Taking the stairs

Yoga

Swimming

Try rock-climbing

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JOURNAL ENTRY EXAMPLE

Date: _____

Activity:

Did for how long?

Feelings/ thoughts about the activity before doing it:
(mind/body/spirit)

Feelings/ thoughts about the activity during doing it:
(mind/body/spirit)

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