

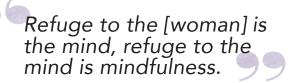
Strategy 4: Mindfulness

The fourth strategy of the 5 Strategies to Reclaim Hope. For more about these strategies, find the *Reclaim Hope* book and workbook on our website at *www.youniquefoundation.org/resources*.

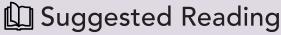
Mindfulness is the ability to focus on empowering thoughts and feelings while choosing to coexist with non-productive thoughts and feelings.

- The **Mindfulness** strategy is similar to the Awareness strategy. The biggest difference is that Awareness is for moments of crisis, but Mindfulness can be used daily to enhance your life.
- **Mindfulness** is all about choice. You have the power to choose what you focus on and how you react to everyday situations.
- When you actively practice **Mindfulness** every day, you'll soon find that you're more peaceful, more in control, and living your life in a more positive way.

Examples: mindful walking, deep breathing, meditation, observation, etc.



— Buddha —



The Miracle of Mindfulness by Thich Nhat Hanh

Full Catastrophe Living by Jon Kabat-Zinn and Thich Nhat Hanh

