**Mindfulness Worksheet**

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*Mindfulness is the practice of being fully present in the moment, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us. It can help manage stress, improve focus, and enhance overall well-being, which is particularly beneficial for individuals dealing with medical conditions like ALD.***What is Mindfulness?**
Mindfulness is the awareness that arises from paying attention, on purpose, in the present moment, and non-judgmentally. It involves:

- Observing your thoughts and feelings without judging them as good or bad.
- Being present in the moment and experiencing it fully.
- Accepting yourself and your current situation as it is.

**Benefits of Mindfulness**
- Reduces stress and anxiety
- Improves focus and concentration
- Enhances emotional regulation
- Promotes relaxation
- Helps in managing symptoms of medical conditions like ALD

**Mindfulness Exercises**
1. Deep Breathing Exercise

Instructions:
- Sit comfortably with your back straight.
- Close your eyes if you feel comfortable doing so.
- Take a deep breath in through your nose, allowing your abdomen to expand.
- Hold the breath for a count of three.
- Slowly exhale through your mouth, letting go of any tension.
- Repeat this process five times.

Reflection Questions:
- How did your body feel before and after the exercise?
- Did you notice any changes in your mood or stress levels?

2. Body Scan Exercise

Instructions:
- Find a comfortable position, either sitting or lying down.
- Close your eyes and take a few deep breaths.
- Bring your attention to your toes. Notice any sensations there.
- Gradually move your attention up your body, part by part, noticing any sensations, tension, or areas of relaxation.
- Continue until you’ve scanned your entire body, ending at the top of your head.

Reflection Questions:
- Were there any areas of your body that felt particularly tense or relaxed?
- How did focusing on different parts of your body affect your overall state of mind?

3. Mindful Eating Exercise

Instructions:
- Choose a small piece of food, such as a raisin or a piece of chocolate.
- Observe the food. Look at it closely as if you’ve never seen it before.
- Notice its texture, color, and any patterns.
- Smell the food and notice its scent.
- Slowly take a small bite and focus on the taste and texture in your mouth.
- Chew slowly and notice the sensations before swallowing.

Reflection Questions:
- How was this experience different from how you normally eat?
- What new sensations or tastes did you notice?

**Mindfulness Apps:**

Calm, Headspace, Smiling Mind, Simple Habit