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Introduction to Mindfulness

Mindfulness is an opportunity to stop reacting to thoughts, emotions and situations and instead observe your thoughts, emotions, and situations. It is like watching a Tug of War competition and commenting on what you are seeing instead of joining in on the Tug of War competition. But, why is mindfulness important? Please reflect on why you think mindfulness may be important in your life.

Some of the benefits of mindfulness include:

- An opportunity for us to “live in the moment.”
- Realization that our thoughts and feelings are not permanent
- Experience more peace and calm
- Reduce our judgments of ourselves and others
- A chance to experience unpleasant feelings and thoughts

Do you think it is important to experience unpleasant feelings and thoughts? Why or why not?

What would it be like for you to experience unpleasant feelings and thoughts?

What do you need in place in order to start experiencing unpleasant thoughts and feelings?

Adapted from The Anorexia Workbook. By
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