



Labeling Thoughts Meditation Meditation



Meditation Preparation



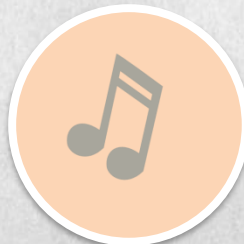
Silence your phone



Exit out
of email



Create a
quiet
Space



Play
music

Opening Meditation

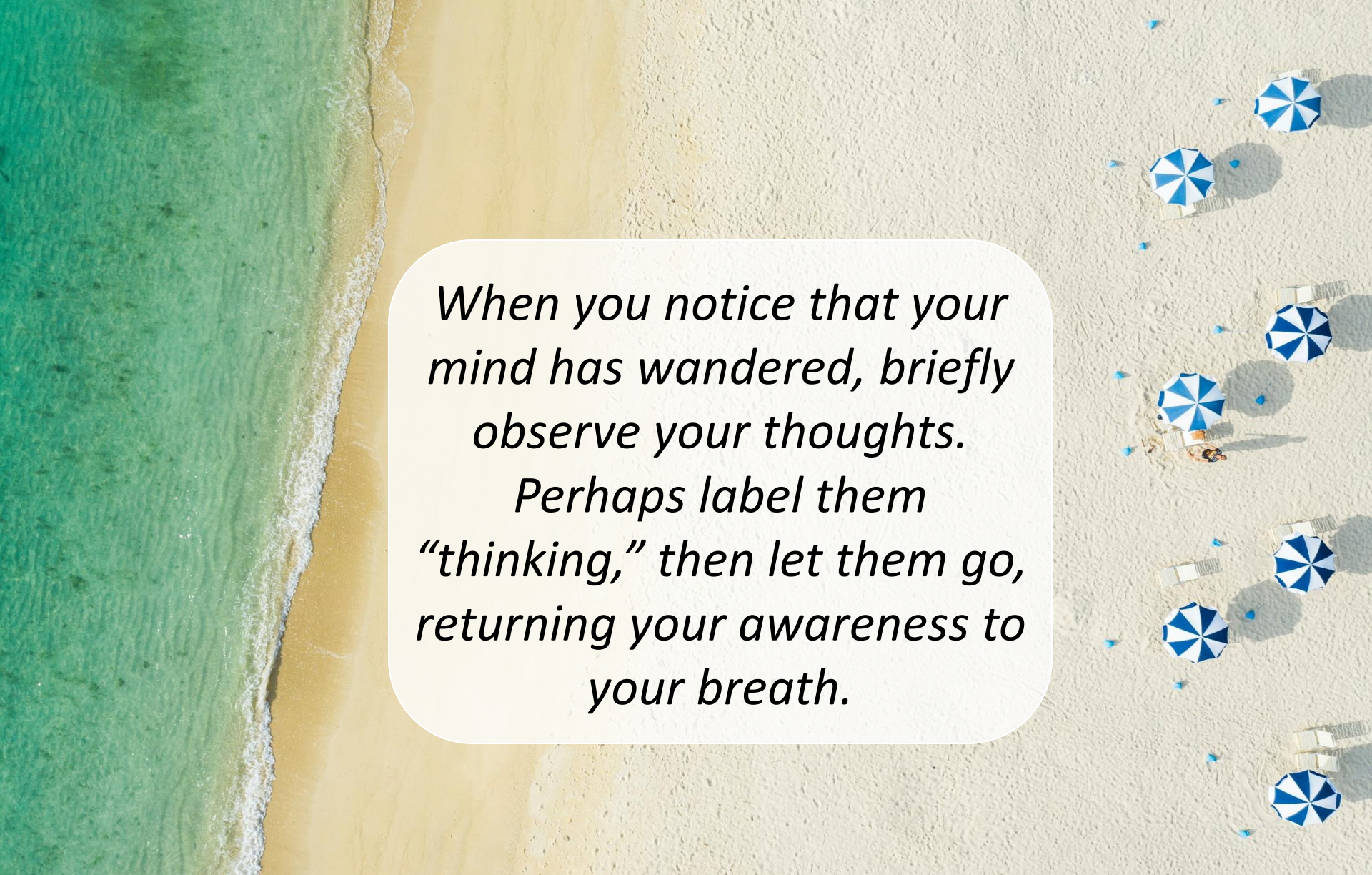


Introduction to Labeling Thoughts

Thoughts can pull our attention away from our awareness of the present moment

When you label a thought, however, it is easier to watch the thought objectively and not get carried away by it

Say to yourself “thinking” every time you become aware that you are thinking



*When you notice that your
mind has wandered, briefly
observe your thoughts.
Perhaps label them
“thinking,” then let them go,
returning your awareness to
your breath.*

Pick a Mindful Activity



Try to stay present throughout

Notice sights and sounds around you

When your attention wanders, bring it back to the activity you're doing

Contact:



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