

Mindful Transitions



SOME OF OUR DAILY TRANSITIONS

1 AWAKENING

2 INTERACTING WITH FAMILY AND FRIENDS

3 TRAVELING TO WORK OR SCHOOL

4 BEGINNING WORK OR SCHOOL

5 MOVING FROM ONE CLASS TO THE NEXT

6 MOVING FROM ONE TASK TO THE NEXT

7 MOVING TO & FROM LUNCH

8 RETURNING HOME

9 BEGINNING HOME-WORK OR OTHER TASKS

10 MOVING FROM ONE HOME-TASK TO THE NEXT

11 PREPARING FOR RELAXATION OR RECREATION

12 PREPARING TO REST

Moving from one moment to the next

A risk with mindfulness and other meditation practices is to view the process as simply being a treatment to apply to yourself when you are feeling stressed or anxious (“I have a problem and now I’m going to fix it”).

While using a brief meditation can be a great way to move you *into the moment* (which is a generally anxiety free and relaxing place to be), the real power of mindfulness practice is learning how to keep yourself in the moment in the first place. This will allow us to navigate our way through the world in a resilient, focused, and controlled manner.

The reality is, you are going to be stressed at some point today (and every day) no matter what you do. What is important is to recognize that this happens and that carrying over that stress from our past moments is what eventually overwhelms us with anxiety.

By learning how to use *mindful meditations* and *mindful moments* throughout our day, we can try to encourage each moment of the day to be the present one and to wash away any baggage we have been carrying over from the past. This means we face new stressors with calmness and that we are making ourselves stronger to try to decrease any future anxieties (“I know I will potentially face a problem, so let’s see what I can do to make it less of an issue”)

Why not try some mindful transitions

While we cannot meditate 10 times a day, we can combine meditation with 10 or more mindful moments quite easily:

1. Start and end your day with a brief meditation. By awakening mindfully, we can start our day fresh and face it resiliently. By mindfully moving into rest, we can step away from the stress of the day and experience the rejuvenation of a good night’s sleep.

2. Take a mindful moment as we transition from one significant event or task. With your eyes open or closed, just take a slow breath in and out. Count the breaths until you can get to five without your mind wandering to the past or future. If it wanders, just refocus yourself and start again.

3. Consider a meditation for major transitions, the school or work day can be fatiguing. Why not take 15 minutes to fully transition to the home with a guided meditation.