



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.youuniquefoundation.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.

“Refuge to the [woman] is the mind, refuge to the mind is mindfulness.”

— Buddha —

Suggested Reading

[The Miracle of Mindfulness](#) by Thich Nhat Hanh

[Full Catastrophe Living](#) by Jon Kabat-Zinn and Thich Nhat Hanh