

WELCOME TO

LUMINO MINDS

People who meditate are happier, healthier, and more successful than those who don't.

The amazing benefits of practicing meditation and mindfulness are available to everyone who has the time to practice these skills.

If you have already tried meditation, mindfulness or other positive psychology interventions before, you may have thought it “wasn't for you” after a couple of tries.

But like any skill, mindfulness takes practice. Try it again! Sometimes the only thing standing between our goals and us is a little bit of direction.

These science-based, comprehensive exercises will not only help you cultivate a sense of inner peace throughout your daily life but will also give you the tools to enhance the mindfulness of your clients, students, or employees.

Introducing Dialectical Behavioral Therapy (DBT)

Dialectical Behavioral Therapy (or DBT) is a type of cognitive-behavioral therapy that is mainly used to treat individuals with borderline personality disorders.

Dialectical Behavioral Therapy is characterized by the following steps:

- The first priority for DBT treatment is to target the life-threatening behaviors that often manifest in people with severe mental health problems;
- Second, therapists aim to eliminate the behaviors that interfere with therapy, such as refusal to strive for the goals of DBT, missing sessions, etc.;
- Next, DBT therapists aim to correct the behaviors that interfere with the client's quality of life, including non-productive relationship behaviors, communication problems, and bad financial decision-making.

5 Simple Mindfulness Exercises from Dialectical Behavioural Therapy

These five exercises are quick and easy and can be put into practice every day.

1. Observe a Leaf for Five Minutes

This exercise calls for nothing but a leaf and your attention.

Pick up a leaf, hold it in your hand, and give it your full attention for five minutes.

Notice the colors, the shape, the texture, and the patterns. This will bring you into the present and align your thoughts with your current experience.

2. Mindful Eating for Four Minutes

As with the raisin exercise described above, this exercise calls for mindful eating.

Pay attention to what you are holding, notice the feeling of it in your hands. Once you have noticed the texture, the weight, the color, etc., bring your awareness to the smell.

Finally, move on to eating, but do so slowly and with concentrated attention. Notice the taste and its texture against your tongue. This exercise may help you discover new experiences with familia

3. Observe Your Thoughts for 15 Minutes

This exercise is a staple of mindfulness, designed to simply enhance your awareness of your own thoughts.

To begin, sit or lie down in a comfortable position and try to let all tension in your body dissipate. Focus on your breathing first, then move your awareness to what it feels like to be in your body, and finally move on to your thoughts.

Be aware of what comes into your head, but resist the urge to label or judge these thoughts. Think of them as a passing cloud in the sky of your mind.

If your mind wanders to chase a thought, acknowledge whatever it was that took your attention and gently guide your attention back to your thoughts.

4. Mindfulness Bell Exercise for Five Minutes

In this exercise, you begin by closing your eyes and listening for the cue. When you hear it, your aim is to focus your attention on the sound and continue your concentration until it fades completely. This exercise helps you to keep yourself firmly grounded in the present. You can use the audio below:

5. Stare at the Center

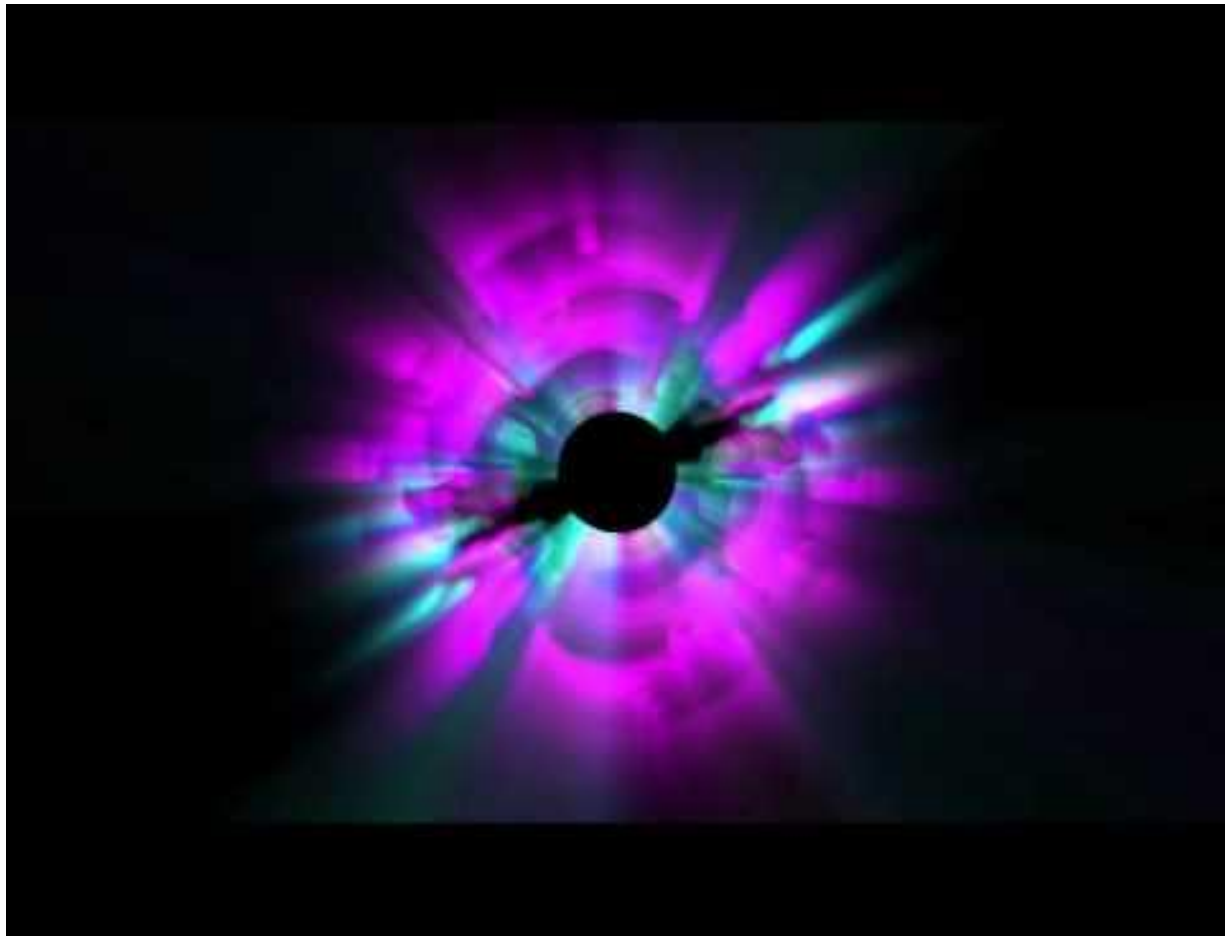
The goal is simple: to focus your attention on the center of the shifting pattern of color. You can let your mind wander freely, noticing whatever thoughts come into your head but staying in the present.

This experience is similar to the well-known phenomenon of the quiet fixation that results from staring at a candle flame or a campfire.

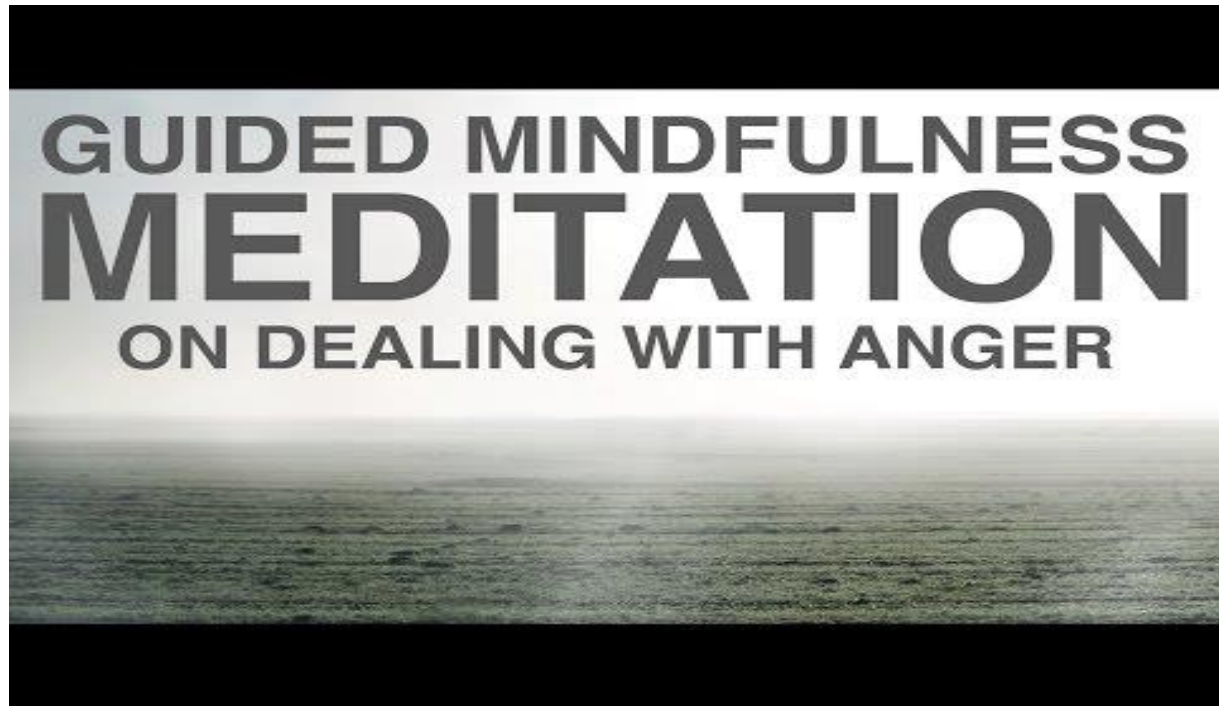
The same focus and deep thought can be brought on by this exercise, but be careful not to lose yourself in thought, and instead stay present with the moment and let your thoughts pass by.

This exercise requires a video to practice, you can use the one below:

[Mindfulness Exercises - One Simple Mindfulness Exercise](#)



[Guided Mindfulness Meditation on Dealing with Anger \(20 Minutes\)](#)



[THE MINDFUL WAY THROUGH ANXIETY](#)



Dr. Kim Taylor Show

**THE MINDFUL WAY
THROUGH ANXIETY**

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