

## 5th week Assignment

### 1. Why do we need to be mindful? How or who can help us to be mindful? Discuss.

**Answer:** Mindfulness practices can help us to increase our ability to regulate emotions, decrease stress, anxiety and depression. It can also help us to focus our attention, as well as to observe our thoughts and feelings without judgment. As we become more present in our lives and in relation to others, it can help us to make better decisions, to manage our emotions and to be more fully engaged in life.

We can learn how to be mindful at any time, anywhere and while doing most anything? In DBT, mindfulness is broken down into “**What**” and “**How**” skills.

- ❖ “**What**” is what we actually do when we are practicing mindfulness.
  - The first skill is to **Observe**— we can observe internally or externally. This is just noticing what we may see, hear etc., or what we are feeling, thinking or noticing within ourselves.
  - The second skill is to **Describe** what we see or what we experience without judgment. For example, if I’m looking at a picture I would just describe exactly what I see. I would not state whether or not I liked the picture.
  - The third skill is to **Participate**. This means to fully throw ourselves into the experience. For example, when you’re dancing, you would allow yourself to fully dance while letting go of inhibition or judgment or feelings of self-consciousness.
- ❖ The “**How**” is how you practice mindfulness.
  - The first skill is **Non Judgment**. This is to let go of evaluations of “good/bad” etc.
  - The second is **One-mindfully**. This means to do one thing at a time, letting go of multitasking.
  - The third is **Effectively**. This means to let go of right versus wrong/ fair vs. unfair. It means to act as skillfully as the goal requires. It is to do whatever is needed at the moment.
- We can practice different things to be mindful:
  - Mindful-breathing: Breathing air mindfully without any thoughts in your mind
  - Attending with attention: it is also called focus/concentration. this can be done while breathing by observing the flow of air in complete cycle starting from you in-take it to till u breathe-out, or by gazing an object constantly this will help you to compress your power at the single sight, or by enchanting the matras (u have to know their meaning)

- Awareness of body:
  - It can be done while lying down or sitting on a chair.
  - Checking the body from toe to head – take your mind to every part of the body, either starting from toe upwards or head downwards, preferably with the former one.
  - Recognise the part of your body that you are visiting, feel it, relax it, assign its attribute, and thank it, shift to the next and to the next until you end either way.
- Releasing tension: This can be done anywhere, Take three, six, or nine deep breaths and release with force, Check-in your head, heart and the body – meaning feel the exact situation that these parts feel at that moment... by pause, reflect and relate the three parts of our body with one word each: Head is calm, heart is filled with love, and body is relaxed
- Mindful walking: Concentrate on the physical sense of your walking, feel the ankle and the sole as you step, Enjoy the sounds and sights with each step you take as if kissing the mother earth in every step taken.

## 2. What are the differences and similarities between mindfulness and self-affirmation? Discuss

### Answer:

**Difference:** **Mindfulness** is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. Mindfulness is not a special added thing we do. We already have the capacity to be present, and it doesn't require us to change who we are. But we can cultivate these innate qualities with simple practices that are scientifically demonstrated to benefit ourselves, our loved ones, our friends and neighbours, the people we work with, and the institutions and organizations we take part in.

Whereas **Self-affirmation** encourages you to think positively about the important things in your life. Rather than trying to convince yourself that you're beautiful when you don't feel that way, self-affirmation encourages you to think positively about the important things in your life, like your family, career, or hobbies. Self-affirmation theory is a psychological theory that focuses on how individuals adapt to information or experiences that are threatening to their self-concept.

Self-affirmation theory contends that if individuals reflect on values that are personally relevant to them, they are less likely to experience distress and react defensively when confronted with information that contradicts or threatens their sense of self.

**Similarities:** According to me the **similarities** of self-affirmation and mindfulness is that we use both for our own happiness and wellness in life. Like we have to practice mindfulness to be happy, similarly self-affirmation is a way by which we can see the negative things among us which affect us badly, and rectify them.

### **3. Should we be grateful? If yes, why and if no why - discuss in the light of our interdependence**

#### **Answer:**

Yes, We have to be grateful because Gratitude promotes optimism and helps us to develop a more positive outlook. It lets us pause for a moment to reflect on something we have in our life right now instead of always striving for more.

We grow up in a world that instills us with competitive, individualistic values. Our educational systems and our culture teach us how to develop as independent individuals, where the more you can be “stronger, richer and faster” than others, the more you will succeed. Such an approach was arguably suitable for a certain period in history, but as we develop into a new era marked by tightening global interdependence from the immense exponential human population growth to the worldwide interconnection of our economies, technologies and cultures. The more we see that a competitive, individualistic approach in an interdependent reality leads to crises on all scales: personal, social, global and ecological.

*Interdependence is How You Depend on Everyone & Everyone on You* was created as a guide on how to master living in the modern world to realize the error of continuing along the same competitive, individualistic lines we’ve taken till today, and to awaken a globally considerate, cooperative, collaborative and connected modus operandi heading into the future.

So, to live in this world, to be happy and to live peacefully we should always be grateful to everyone in our surroundings. As our happiness is directly or indirectly connected to everyone, we should always be grateful to others. Being grateful also includes many personal improvements.

- Having gratitude reduces your innermost fears.
- It Improves the quality of your life.
- Being grateful makes you feel happier.
- Gratitude shifts your focus.