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Mindfulness means paying attention in a particular way:

- On purpose
- To the present moment
- Non-judgmentally

Jon Kabat-Zinn

Mindfulness means:



- Paying Attention = Awareness
- On Purpose = Intentional
- Present Moment = “THE NOW”
- Non-judgmentally = Acceptance
- Acceptance does not equal approval!!

SiBerian North Rail Road



- Stop: whenever you feel triggered....just stop. Do not react for just ONE moment. This moment is called the “sacred pause”
- Breath: by focusing your attention to your breath we reinforce the sacred pause. Taking deep breaths will calm the mind and body
- Notice: bring attention to your body. What does it feel like in the body? Can you locate the emotion in the body? Begin to see how your emotions are physiological in nature.
- Reflect: Where is the emotion coming from? Does it feel familiar to you? Is there a history behind it? Are you feeling self-conscious and inadequate?
- Respond: Begin to think about ways that you could respond (instead of reacting) that could create a positive outcome.

What to do to become mindful:



- Observe: become a witness to your experience...just notice how you feel without trying to cling to or push away your feelings....notice how your thoughts, emotions and physical sensations rise and fall like waves in your body
- Describe: use words to describe your experience (I am experiencing anger right now; my heart is racing, I feel tension in my chest and neck)...begin to see your thoughts as “just thoughts” and your feelings as “just feelings”....avoid using extreme language
- Participate: participate as fully as you possibly can in the moment....allow your natural skills and intuition to evolve in the moment

How to become mindful:



- Take a non-judgmental stance: see what is happening without evaluating....accept each moment when you are skillful and when you act in unskillful ways as well (easier said than done!!)...don't judge yourself when find yourself judging
- Do one thing mindfully in the moment: do one thing at a time....when you are with your child/children direct your attention to them as much as possible in the moment (your cell phone and ipad can wait!!)...let go of distractions and focus on what is most needed in the moment
- Do what is effective and what works: do what needs to be done and avoid using words like “should/should not”, “fair/unfair”, “right/wrong” ...let go of anger and resentments

Mindfulness Quotes



- Do you have the patience to wait till your mud settles and the water is clear? Can you remain unmoving till the right action arises by itself? ---Lao Tsu
- In the end, just three things matter: how well we have lived, how well we have loved and how well we have learned to let go. ---Jack Kornfield
- Meditation is essentially training our attention so that we can be more aware— not only of our own inner workings but also of what's happening around us in the here & now. ---Sharon Salzberg