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Beginnings

When I thought about where to start with a blog on mindfulness I had so many thoughts and ideas racing through my mind. There are so many amazing aspects and so many super awesome things I want to share with anyone that is interested in learning more about it. The journey starts with a single step and we will get there; we have so much time to learn and grow together.

Beginnings. I think this is where we start. We are getting ready to begin and we are beginning with some very big changes and some very intense emotions about the beginning of this school year. We have thoughts and feelings about how we did not get to end the school year the way that we wanted, we have anxiety and worry about how this school year will start, and worries about how we can keep everyone safe as we reopen our schools and welcome our students back for the 2020/2021 school year.

I am experiencing excitement about returning to school. I miss the students and my colleagues tremendously. I have agonized about kids being without schools for so many months. I have been experiencing feelings of being scared. I worry about the health and safety implications that come along with putting all the kids back into school buildings.

How does mindfulness fit into beginnings? Beginnings can be super exciting and super scary so they have big impacts on our brains and bodies. Mindfulness helps to bring an awareness to the experience and a means to slow down, to notice, to pause, and then respond to the moments that we will experience with kindness and understanding. One of the greatest things that I have discovered about mindfulness practice is that the essence is beginning and beginning again. We have the choice to begin again every morning and every moment.

That is amazing and powerful.

When I think about mindfulness I think about formal and informal practice. As I continue to grow in my formal and informal practice I have more awareness in the moments. I can say that I have more moments that I am able to pause and not just react and that alone has had a HUGE impact on my personal and professional life. Now, there are certainly times I do not meet moments with a pause and skillful response and instead I react to the stimulus I have encountered. Those moments are beginning less and I think that is super important and really awesome! I can look back and say oh wow when that happened you really reacted and then this was the result. I wonder if something like that happens again if you pause and take a breath if you will be able to respond to that moment with kindness and be more intentional with how you respond if you will get a better result.

How will you choose to begin this year? How will you choose to meet the moments that arise during the day?

The invitation is for you to begin. I invite you to notice and meet moments with kindness and curiosity. I invite you to be gentle with yourself and those around you and know we are all somewhere on the continuum of beginnings. I invite you to take a step forward with mindfulness if it speaks to you. Begin each day with a few moments to connect with yourself; set intentions and check in with those intentions and just notice with kindness where you are and where you want to be. Take little moments during your day to pause and check in with yourself and just notice your thoughts and feelings. When you feel your mind racing and your blood pressure rising notice it, acknowledge it, and take a pause.

A calm and regulated adult is the most powerful intervention. Mindfulness is a practice that I have seen and heard work for many, including myself, to become more aware of how we meet life's moments including the super difficult moments.