

Mindfulness and Present Living

Finding Purpose · Module 11 of 15

Key Ideas

- Mindfulness & Present Living
- 1. Multifaceted Benefits
- 2. Present Awareness
- 3. Daily Integration
- 4. Simple Pleasures
- 5. Gratitude Practices
- 6. Relapse Prevention
- 7. Emotional Regulation
- 8. Relationships
- 9. Mindful Goals
- 10. Spirituality
- 11. Self-Compassion
- 12. Nature Connection
- Conclusion

Worksheet — Mindfulness Worksheet

- Assess
- Breath
- Daily
- Moments
- Senses
- Gratitude
- Emotion
- Craving
- Reflect

Mind Map — Mindfulness Mind Map

KEY IDEAS**Mindfulness & Present Living**

Cornerstones of Purpose

Cultivating presence, awareness, and gratitude are powerful tools for long-term sobriety. Mindfulness helps manage cravings, reduce stress, and discover profound meaning in everyday experiences.

1. Multifaceted Benefits

Why Practice Mindfulness?

Mindfulness enhances trigger awareness, reduces anxiety, improves emotional regulation, fosters self-compassion, and provides a healthy coping mechanism to replace substance use.

2. Present Awareness

Here & Now

Use mindful breathing, body scans, and sensory focus to anchor yourself in the present. Engaging fully with immediate experiences builds resilience and groundedness.

3. Daily Integration

Routine Mindfulness

Bring awareness to routine tasks like showering, cleaning, or commuting. Mindful listening and working transform mundane activities into opportunities for presence and clarity.

4. Simple Pleasures

Savoring Joy

Develop a practice of noticing and savoring positive moments. Appreciating nature, art, comfort, and connection cultivates a sense of fulfillment in everyday life.

5. Gratitude Practices

Shift Your Mindset

Maintain a gratitude journal and express appreciation to others. Focusing on blessings and reframing challenges fosters a positive, resilient outlook.

6. Relapse Prevention

Managing Urges

Use techniques like 'Urge Surfing' and STOP (Stop, Take a breath, Observe, Proceed) to navigate cravings without judgment or reaction, supporting sustained sobriety.

7. Emotional Regulation

Navigating Feelings

Observe emotions without immediate reaction. Creating space between stimulus and response allows for healthier, more measured choices in the face of distress.

8. Relationships

Connect with Presence

Practice mindful listening and empathy. Being fully present in interactions reduces conflict and deepens connection with loved ones and the community.

9. Mindful Goals

Intentional Growth

Set intentions with full awareness. Focus on the process rather than just the outcome, applying non-attachment while staying committed to long-term recovery objectives.

10. Spirituality

Deepening Connection

Integrate mindfulness into spiritual practices. Exploring concepts like impermanence and interconnectedness can deepen your relationship with a higher power or purpose.

11. Self-Compassion

Kindness Within

Use mindfulness to recognize negative self-talk and replace it with a compassionate inner voice. Accepting imperfections is key to emotional healing.

12. Nature Connection

Grounded in Earth

Engage in forest bathing or mindful walks. Connecting with the natural world provides a powerful metaphor for growth, resilience, and the cycle of recovery.

Conclusion

A Life Aware

By embracing mindfulness, you unlock the potential for deep contentment and meaning, discovering profound purpose in the simple, everyday moments of a life lived fully present.

WORKSHEET

Mindfulness Worksheet

Practicing Presence

ASSESS

Assessment

Current mindfulness level (1-10):

3 Activities where you are present:

Activity 1

Activity 2

Activity 3

BREATH

Breathing Exercise

Practice 2-minute focused breathing.

How do you feel?

What did you notice?

DAILY

Daily Activities

Routine Activity 1

Way to be mindful

Routine Activity 2

Way to be mindful

Routine Activity 3

Way to be mindful

MOMENTS

Small Pleasures

5 Small Pleasures Noticed:

Pleasure 1

Pleasure 2

Pleasure 3

Pleasure 4

Pleasure 5

Effect on mood?

SENSES

Sensory Awareness

Examine an object for 2 minutes.

See

Feel

Smell

Hear

Taste

GRATITUDE**Gratitude**

3 Things Grateful For:

Gratitude 1

Gratitude 2

Gratitude 3

Explain one in detail...

EMOTION**Emotional Awareness**

5 Emotions Experienced:

Emotion 1

Emotion 2

Emotion 3

Emotion 4

Emotion 5

Describe one emotion in your body...

CRAVING

Cravings

Practice noticing, breathing, and describing.

Reflect on mindful craving experience...

REFLECT

Reflection

Mindful Goal

Goal for next week

How it supports recovery

How does presence enhance purpose?

Appreciating life without substances?

Visualization of mindful life...

MIND MAP

Mindfulness Mind Map

Visualizing Presence

Mindfulness

Present Living

Presence

Here & Now?

Gratitude

Thankful for?

Emotions

Feeling awareness?

Cravings

Mindful response?

Self-Kindness

Compassion?

Intentions

Mindful aims?

Spirit

Connection?

Nature

Groundedness?