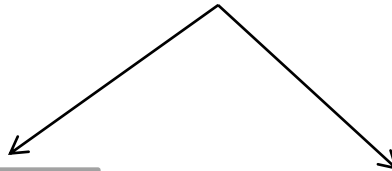


ENVIRONMENT

Life events, family, friends, situation....

Things that I cannot change



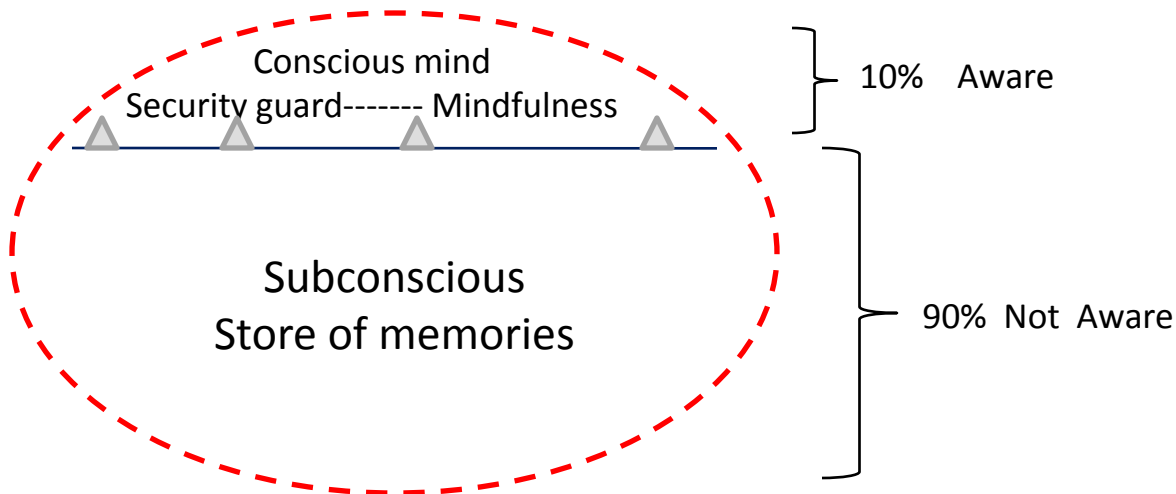
Not accept

I suffer more

Accept

I can change my reaction to life events

I can only control the thoughts in my mind



PAST

cannot be changed

Feeling of regret
Anger
Guilty...

DEPRESSION

NOW

BODY
+
MIND

FUTURE

Not here as yet
only imagination

Stress

ANXIETY

BODY AND MIND
TOGETHER AT THE PRESENT
MINDFULNESS

- Body is doing any activity
- Mind aware and focus 100% if possible on the activity in front of me

↓
Power of
concentration

Efficiency

Success
PEACEFUL MIND

Body is sitting or lying down resting

Body is breathing so mind aware of
breath in/out through nostrils or
abdomen rising or falling

Body is walking

Mind aware of
footsteps

WALKING
MEDITATION

BREATHING MEDITATION

CAUTION

- Do not focus on chest as will have tightness in chest
- breathe at normal rate and avoid hyperventilation and panic attacks
- do not be upset with interfering thoughts- just let them go

IGNORE any other thoughts that arise in the mind