

**MOUNTAIN OF MIGHT**

Over Confidence

You're wrong!

Unstoppable

CAVE OF OUR DARK SIDE

Our Shadow  
The Unspoken  
Shame

Being Liked  
Wealth  
Health  
Fame

**LUST LAGOON**

Desire  
Temptation

**Waterfall of Weariness**

Exhausted  
Depressed

If only I had a second chance  
I wish I were here for him

**PURPOSEFUL**

so thoughtless



# HILLS OF HOPE

Companionship  
Safety  
Praise

Fantasies  
Sexual Tension

Anger  
Jealousy  
Envy  
Obsession  
Hate  
"Caught"  
Curl of de sac

**COURAGE**

Connection

CLARITY

CREATIVITY

**FREEWAY OF FLOW**

Rumination  
Restless  
Procrastination  
Frustration  
IN THE NEEDS

**RIVER OF REGRET**

**PRODUCTIVE**

Why did I do it?

I can't believe I ate it all

WELL OF WANTS

Someone better

More \$\$\$  
Less stress

How could she?

Unworthy  
Dungeon of Doubt  
Hesitation  
Fraud

What's the point?  
Failure

Not knowing  
Poverty  
Blame

Abandonment  
Pain  
Illness

I'm scared

Mistakes

**Valley of Fear**

Being misunderstood  
Unmet needs  
Betrayal

DEAD END  
NO EXIT

Poor judgement

Sadness

# Roller Coaster of E-motion

Anxiety

Elation!

Happiness

Contentment

Landscape of the Mind

## One Minute Mindfulness Exercise

1. Sit in a chair with eyes lowered or closed. Uncross your legs and allow your hands to rest by your side or on your lap.
2. Allow your posture to be upright and stable, but not too taut nor slouched.
3. Take a few breaths and bring awareness to your body, sitting in the chair.
4. As you breathe, pay attention to the movement of the breath as it enters and leaves your body, attending to the feel of air around your nostrils or mouth, or the rise and fall of your belly.
5. There is no need to control your breathing or to try to breathe in any particular way.
6. Maintain awareness on your breathing, noticing the breath as you might the coming and going of ocean waves against the shore.
7. When you notice your mind getting lost in distraction (and you will), gently bring awareness back to the breath.
8. When you are ready, bring awareness to the body. Gently lift your gaze or open your eyes. Carry a bit of the state of mind and body you have cultivated into the moments that follow.

“Mindfulness is a mental mode characterized by attention to present moment experience without conceptual elaboration or reactivity.”

~ Amishi Jha

“Mindfulness is paying attention to present moment experience in a manner that is engaged and unassuming.”

~ Scott Rogers

## Mindfulness Websites

mindful.org  
marc.ucla.edu  
sobemindful.com  
umassmed.edu/cfm/  
mindfulness.miami.edu

“Mindfulness is noticing and experiencing the richness of the moment.

Mindfulness can be cultivated by intentionally paying attention to present moment phenomena as well as through a spontaneous shift of consciousness occasioned by something in particular . . . or by nothing at all.”

## Tips for Establishing a Practice

### WHEN

Set aside a specific time each day.  
(morning, before lunch, or after dinner)

### HOW LONG

Select a time period that seems feasible  
and cut in half.  
(Begin with 1, 5 or 10 minutes)

### SIT EVEN IF FOR ONE BREATH

Sometimes you may not think you have enough time to practice. That's okay. Sit even if for one breath. Sometimes, taking one's seat can be the most challenging part.

## Apps

Insight Timer  
Headspace  
10% Happier  
Calm

## Quick Practices

S.T.O.P.

“Stop, Take a Breath,  
Observe, Proceed”

## Suggested Books

*10% Happier*  
(Dan Harris)

*Real Happiness*  
(Sharon Salzberg)

*Mindfulness: Finding  
Peace in a Frantic World*  
(Williams and Penman)

*Mindfulness-Based  
Strategic Awareness  
Training*  
(Juan Humberto Young)

*The Mindful Way  
Through Depression*  
(Williams, Teasdale,  
Segal & Kabat-Zinn)

*Mindfulness for  
Beginners*  
(Jon Kabat Zinn)

*The Book of Life*  
(You)



mindfulness.miami.edu • Twitter@umindfulness