

Dealing with Busy Schedules

Mindfulness Worksheet

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation on Dealing with Busy Schedules, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



How do you take care of yourself when you are so busy juggling your job and caring for other people at home? You cannot give 100% to others if you don't have 100% to give. Knowing that you have to take care of yourself before you can adequately take care of others is easier said than done.

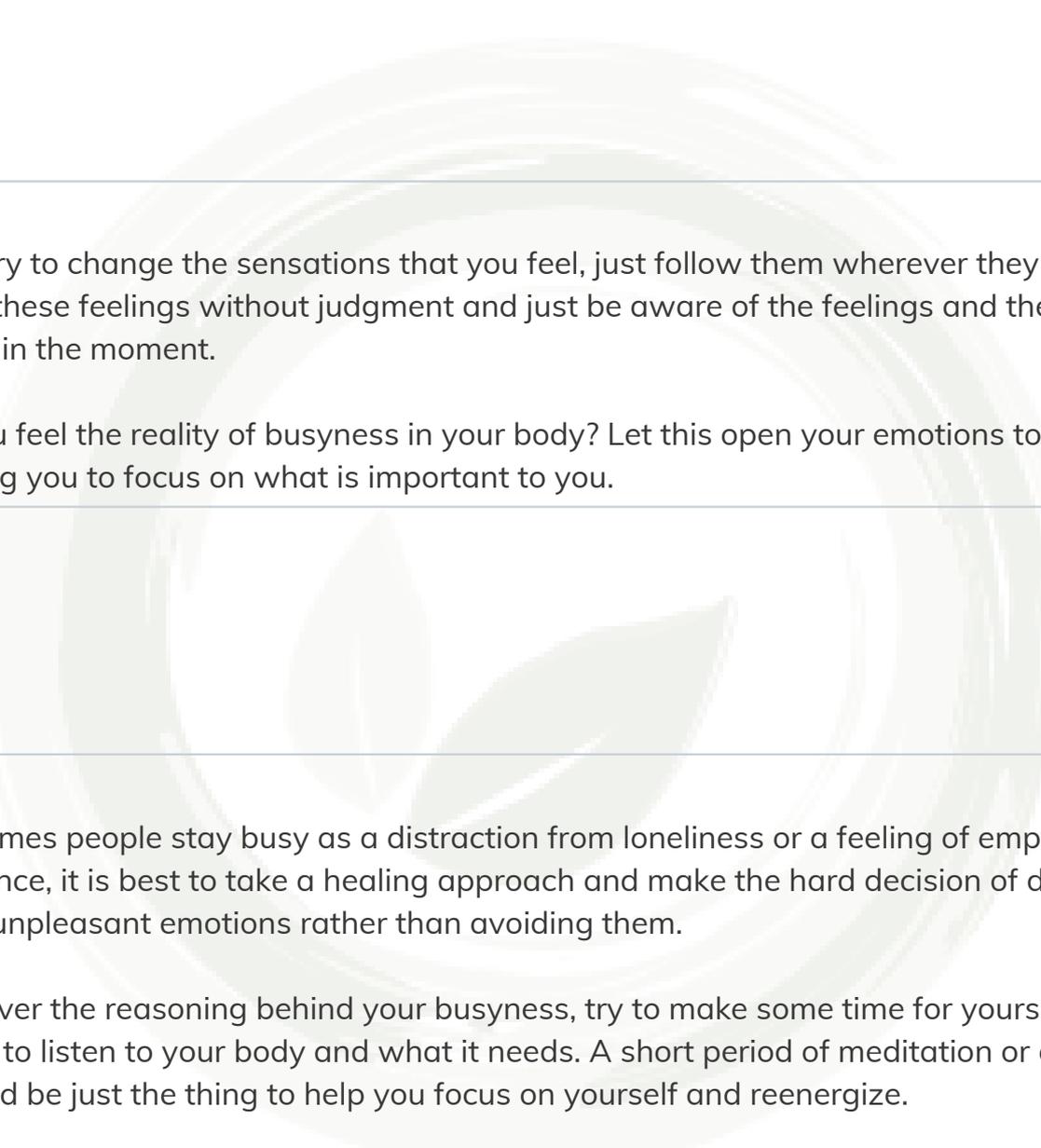
This exercise is to help bring awareness of how busyness feels inside. This is a non-judgmental exercise to elicit honest and open awareness of your feelings, there is no right or wrong response.

1. To begin this exercise, think of a typical busy day. Where are you, at work or at home? What are you doing? What time of day is it? Who is with you?

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2. Now tune in to your body. What do you feel? Are you happy, sad, anxious, calm, energized or tired? Do you have tension in your body, butterflies in your stomach or do you feel relaxed?



3. Don't try to change the sensations that you feel, just follow them wherever they lead you. Observe these feelings without judgment and just be aware of the feelings and their presence in the moment.

4. Did you feel the reality of busyness in your body? Let this open your emotions to work on motivating you to focus on what is important to you.

5. Sometimes people stay busy as a distraction from loneliness or a feeling of emptiness. In this instance, it is best to take a healing approach and make the hard decision of dealing with the unpleasant emotions rather than avoiding them.

6. Whatever the reasoning behind your busyness, try to make some time for yourself during each day to listen to your body and what it needs. A short period of meditation or a short walk could be just the thing to help you focus on yourself and reenergize.

7. How will you take what you learned from this forward into your life?