

# Mindful Connection

## Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, 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



1. Interpersonal bonding is important for learning and growth. We look to each other for interaction and support. To love and be loved is an essential part of our well-being.
2. Through mindful meditation you will develop a better understanding of yourself, fostering compassion and understanding for others as you develop an understanding of your purpose and what you are passionate about.
3. This self-connection will show you what makes life meaningful to you and will give you a strong foundation for connecting with others.
4. You can nurture this connection in many ways. Ask someone how they are doing and truly listen to what they say. Everyone loves to feel like they matter and that their thoughts and feelings are important to others.
5. Offer your time volunteering, perform a random act of kindness, help someone in need -- Do something to help make the world a better place without expecting anything in return.
6. Consider the people you spend most of your time with. Are they supportive of you? Are you supportive of them? Developing healthy relationships with others is an important aspect of our mental health.

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7. Think about the people you have a good relationship with and also the people you would like to have a better relationship with and then try to find ways to increase your connection with those people.

8. If you have trouble making connections with other people, examine this more closely and try to resolve the obstacles that hold you back from making connections with others. Do you feel inhibited or fearful? Do you make excuses to isolate yourself from others?

