

14-Day Self Growth Challenge

WITH COACH MOLLY K

Day 8: Making Space for Mindfulness & Transitions

Being mindful helps us to increase our ability to manage emotions, decrease stress, anxiety and depression. It can also help us to focus our attention. Especially now, these benefits are extremely important.

Transitions are the moments when you move from one activity to another. It's the time between finishing work and moving on to the next part of your day (i.e. going to the gym, a family dinner, your side hustle, church, family dinner). It's also those moments when you are wrapping up a meeting then moving on to another meeting or to work on a project. So often we schedule our day so tightly that we don't allow ourselves space to transition to the next task or activity. We don't allow ourselves time to process or reflect on what we just accomplished or experienced, we just push ourselves so quickly to move on to the next thing that we don't always capture the "gold" of each activity, in turn we are not necessarily present at the next activity. (I know I am guilty of this.)

Making space for mindfulness and transitions can be some of the most challenging practices to incorporate in your day because they are so passive, or at least to me they are. I've tried pure meditation and frankly that's not my jam, but for some folks its magic.

I've read books like *Meditation for Fidgety Skeptics: A 10% Happier How-to Book* and *1001 Meditations* along with multiple articles. On a side note, I just discovered that there was a book called, *Star Wars: The Jedi Mind: Secrets from the Force for Balance and Peace* now that's next on my reading list! Brendan Burchard talks specifically about transitions in his book *High Performance Habits*. So through my simple research here are some of my practices and attempts at making space for mindfulness and transitions:

- Yoga
- Gardening (more like weeding, spreading mulch, etc.)
- Vacuuming (I know, I'm a weirdo)
- Walking Outside (If I'm inside, I'm on the treadmill and I'm probably streaming something so I don't count that as "mindful")
- Fur-therapy
- Prayer
- Using the Headspace App (I know some people really like Calm too)
- Breathing exercises

I encourage you to do your own research, decide what you want to try and jot down what works for you in your notebook.

Looking forward to growing with you!

- Molly K.

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