

## Episode 44: What's the Point of Mindfulness?



### Episode Transcript

With your Hosts  
Mary Preston & Keysa Amaro

Welcome to The Real Life Wellness Podcast with Mary Preston and Keysa Amaro. Where we talk about different ways to integrate healthier habits into your life.

Keysa: Welcome back, friends! I'm Keysa Amaro, certified Health Coach and I work with moms to help them get control of their food cravings so they can maintain a healthy weight without deprivation or complicated meal plans.

Mary: And I'm Mary Preston, and I'm a licensed psychotherapist and a life coach and I am the founder of the Goodbye Burnout for Healthcare Professionals Program. I help healthcare professionals reverse their burnout using my 3-phase goodbye burnout process. If that sounds like you, you should definitely jump into the Saying Goodbye to Burnout Facebook Group, where we share information, provide each other with support, and work together to heal the healthcare profession.

If you have questions about any of our programs, the podcast, or anything about health and wellness, come join us in The Real Life Wellness Podcast with Mary and Keysa facebook group Alright. On to our topic of the day, which is...What's the point of mindfulness? In this episode, we discuss...

## The Real Life Wellness Podcast, Episode 44: What's the Point of Mindfulness?

Why I recommend meditation and mindfulness to every one of my clients  
and a simple way to integrate it into your life

But first, I want to share with you an amazing review from one of our subscribers:

Margocean, 12/05/2018

### Comforting

It sounds like I'm listening to 2 friends I've known five years. I like the part using physical words and not feeling words to help determine what is causing how I'm feeling. The cushion on fire was a great analogy.

Keep it up ladies.

Now on to our topic of the day, which is mindfulness, and basically, what is the point.

I think mindfulness has become one of those buzzwords, many people have heard of it, but most people don't really know what it entails. It has been sold to us in the form of meditation and yoga and other practices that don't feel accessible to many of us.

The misconception is that mindfulness is something that we have to set aside time for, and that it's just one more thing to add to the list that is going to take up our time and energy.

So let's take a look at what mindfulness actually is:

1. The quality or state of being conscious or aware of something.
2. A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

So what does this mean? It means, being aware of what is happening right now. That's it. That's the whole shebang.

So, why would you want to do that, anyway?

Great question.

Being aware of the present moment pulls you out of the past and out of the future, which is where all of our negative experiences come from. The past, is simply thoughts, a story we tell ourselves. It is no longer happening, so in order to experience the past, we have to use our imaginations to recreate it. We are creating feelings, both positive and negative, based on the way we tell that story.

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Our future is another story we are telling ourselves. We imagine and create hope that something amazing is going to happen or we worry and tell ourselves that something terrible is on its way.

The past and future are made up of stories, and beliefs, and thought. They do not exist anywhere but in our minds.

Often, the people that I am working with, most with some form of depression, anxiety, or trauma are constantly reliving difficult experiences from the past or worrying about the future.

One of the side effects of this, of living constantly in the past or future, keeps our bodies in a state of fear and arousal. We are always ready for the next tragedy to occur. We are always preparing for the next challenge. We are busy beating ourselves up for all of the mistakes we have made, perpetually punishing ourselves for our short-comings.

In this state it is difficult to sleep, it's difficult to relax and enjoy a bath or a good book. It's hard to enjoy a child's smile or goofiness. We miss out on the experience of sitting with our partner at a good meal because we're mentally preparing for tomorrow or remembering all of their wrong-doings.

Being in this state constantly is uncomfortable and because we don't understand it, we use food, social media, Netflix, alcohol, or shopping as a way to distract ourselves from it.

When you watch a child play, you can see that they are not worried about the future or the past in that moment. They are able to experience what is happening in the present and because of it, they are able to fully relax or fully immerse themselves in joy.

That's the purpose of mindfulness. It's to pull ourselves out of the past and the future, to drop out of those stories, and to participate in the moment the way a child is able to.

Have you ever had an experience where you've seen a sunset, or been swimming in a lake, or been out in nature, and you were filled with awe? That feeling of nothing else being important, nothing else mattering for that moment.

Many of us experience the present moment by accident. After strenuous exercise, or sex, or playing with a puppy, or playing a board game with a kid.

We are forced to pay attention to the present in those moments. Most people don't realize that we don't have to take a vacation, get a cat, or run a marathon to experience this. With practice you can literally do it any time.

The benefits are endless.

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Being able to relax your nervous system can help ease your anxiety and depression, it can help you sleep better, it can help you appreciate what you have in life right now.

I'll go over a couple of easy ways you can start to incorporate mindfulness into your life without taking any extra time, without adding any extra activities into your day, without changing a thing about your current daily schedule.

All it takes is tapping into your bodily sensations while doing the things you always do.

1. Labeling: putting labels on the things you are doing. So just looking at what is around you and stating what it is. Phone, TV, chair, table, banana, etc. You are bringing your mind to the present by focusing on what is around you at the moment.
2. The Haiku: Use if need extra help pushing out worries. This is not a traditional Haiku, so instead of counting syllables, you are going to count words. The first line has two words, the second line has three words, and the last line has two words. Create a Haiku about the present moment. What do you see? What do you hear?
3. 5-4-3-2-1: Think of the following that are around you: 5 things you see, 4 things you hear, 3 things you can touch, 2 things you can smell, 1 thing you can taste. This will bring your mind to the present and clear your thoughts of the future.

Alrighty, friends, that's all we have got for you today. Thank you so much for being awesome as always and listening in.

Tune in to our next episode where we talk about ... why can't you hate yourself thin.

If you'd like to know more about us, and if you have any questions or comments, head on over to our dedicated Facebook group! You can also contact Mary at her [website at www.maryalycepreston.com](http://www.maryalycepreston.com) or Keysa at her website at [www.keysaamaro.com](http://www.keysaamaro.com)!

Keysa: If you know someone who you think would benefit from the information shared on our podcast, please share this episode with them! We want to extend our message to, and support as many people as possible, and we need your help to get our message out.

Mary: And if you enjoy the show, we would love it if you would leave us an honest review on iTunes. Simply go to iTunes and search for the podcast page. Hit the tab for ratings and reviews, and click on Write a Review. That's it! Super helpful!