



Let us help you get your *dhucks* in a row...

Tips & Tricks

December 2008

Welcome to *Dhucks' Tips & Tricks*

[A Little Bit of Mindfulness](#)

I love it when "the experts" tell me that **a little bit** is helpful. Sometimes it's easier to start doing **a little bit** than it is to do it all. This time they're talking about meditation and what better time than the holiday season to carve out some time for yourself. And it only takes 3 minutes!

3-MINUTE DOSE OF MINDFULNESS

from *O, The Oprah Magazine*, December 2008, p. 156
(Adapted from UCLA's Mindful Awareness Research Center)

- *In a quiet room, stand, sit upright, or lie on a cushioned surface.*
- *Close your eyes and, for a minute or so, notice what's happening in your body. Do you feel any heaviness? Register any movements you might be making.*
- *Breathe slowly and deeply for another minute. As you exhale, remember that you're not trying to change or do anything. Don't worry about the various thoughts drifting through your mind.*
- *Listen to the sounds around you. Rather than trying to identify each one, just listen. Notice the silences between each sound. Again, take notice of how your body feels, and then slowly open your eyes.*

If you don't feel you even have 3 minutes, take a couple of slow deep breaths whenever you start feeling stressed and overwhelmed (or happy & thankful). Take a break from your *HAVE TO DO LIST* this month. Do what makes you smile and if it doesn't make you smile do it only if it is absolutely, positively, for certain necessary.

Whether you are able to carve out 3 minutes, 20 minutes or hours of mindfulness this month, have fun and enjoy life! ***Happy Holidays!***

Shawndra

Pleasure is always derived from something outside you,
whereas joy arises from within.

~Eckhart Tolle



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