

# Sensory Mindfulness

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**KANSAS CITY**

102nd ANNUAL CONFERENCE

# Who am I? **Therapist; mindfulness practitioner.**

- Why Am I Here? *To share my knowledge and understanding of mindfulness practices.*
- What will I accomplish? *I hope to be able to broaden your understanding of what mindfulness is and how it is applicable to your daily life.*
- What can you glean from listening to me? *Practical exercises to implement mindfulness and bring more awareness to your life as it is happening.*

# Mindfulness

- A present-centered awareness; being in the now.
- Intentional and attentional
- Increased awareness of sensory experiences to enhance the moment you are experiencing as you are experiencing it.

# Sensory Attention

- Vision: colors, shapes, patterns, etc...
- Hearing: cadence, notice how many sounds you can detect, etc...
- Touch: textures, smooth, soft, rough, cold, hot, etc...
- Smell: scent, intensity, etc...
- Taste: sweet, spicy, multiple layers, where in your mouth, chewing, etc...

# Sensory Intention

- Pay attention.
- On purpose.
- With intention - focus your mind through your senses.

# Examples

- 5-5-5
- 5-4-3-2-1
- Mindful eating
- Mindful communication
- Mindful driving
- Animals

# Questions/Comments?





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