

Developing Mental Awareness Skills

12 Common Themes and 6 Hooks: [Read More](#)

#1 Opening Up (AKA dropping the rope)

[Leaves on a stream](#) (unhooking practice):

- **What is it?** a practice that helps develop our ability to notice our mind getting carried away in thought and bringing it back to the present moment through the use of visualization.
- **What can it help with?** Noticing how much our minds wander. Recentering ourselves. Training our attention to the present moment.

[Self-Compassion Practices:](#)

- **What is it?** Learning to respond to our difficult experiences with kindness rather than judgement, to see the common humanity in what we are going through rather than feel isolated, and to be an observer of what we are experiencing rather than identifying with our setbacks.
- **How can it help?** Instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings, self-compassion means you are kind and understanding when confronted with personal failings – after all, who ever said you were supposed to be perfect?
- Read: [What Self-Compassion Is Not](#) (for those skeptics out there)
- The difference between fierce and tender self compassion: [Infographic Link](#)
- **Bonus Self-Compassion Practice:** [Befriending Your Inner Critic](#)

Dropping Anchor (for when the mind and body are lost in a storm):

- **What is it and how can it help?** It is a mindfulness skill you can use it for handling difficult thoughts, feelings, emotions, memories, urges and sensations more effectively; switching off auto-pilot and engaging in life; grounding and steadying yourself in difficult situations; disrupting rumination, obsessing and worrying; focusing your attention on the task or activity you are doing; developing more self-control; and as a 'circuit-breaker' for impulsive, compulsive, aggressive, addictive or other problematic behaviours.
- **What is involved?** Dropping anchor involves playing around with a simple formula: ACE
 - **A: Acknowledge your thoughts and feelings**
 - **C: Come back into your body**
 - **E: Engage in what you're doing**
- **Start here:** [10-Minute Audio](#)
 - [2-Minute Version](#) | [4-Minute Version](#) | [8-Minute Version](#)

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Emotional Check-In App: www.howwefeel.org

- **What is it?** A tool for scheduling emotional check-ins throughout the day, which aids us in noticing how we feel and how this could be affecting our perspectives and responses to current situations.
 - **How could it help?** Emotions guide action. And if we are not aware of our emotional state, we can fall into patterns of behaviour that do not represent the person we want to be. More we can develop an ability to notice, name, express, and regulate our emotional state, the better we can be at using our emotional more effectively. In addition, rather than stuffing down our emotions by default, the app offers guidance for how you can channel emotions or shift emotions in more effective responses.
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#2 Staying Present (Mindfulness Skills)

"Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgementally" - Jon Kabat-Zinn

General Videos on Mindfulness

- [What is Mindfulness?](#)
- [Why Mindfulness Is a Superpower: An Animation - YouTube](#)
- [3 Myths About Mindfulness Meditation That Keep People From Its True Benefits](#)

The present moment is all we truly have. Therefore, keeping our mind present becomes incredibly important at executing on what is within our reach. Reflecting on the past and planning for the future are necessary for learning and growth. But if we spend too much our time there, we can get stuck. This is why training ability to hold out attention towards the present moment can be such a valuable skill in athletics but also in life as it improves our chances to seeing what is right in front of us. Practicing mindfulness is way to train ourselves in the art of tending to the garden we can touch.

Guided Practices:

- [The Breathing Space by Jon Kabat Zinn - YouTube](#)
 - [Body Scan Meditation Guided by Dr. Jud Brewer - YouTube](#)
 - [10-Minute Meditation to Reframe Stress - YouTube](#)
 - [Insight Timer \(free mindfulness app\)](#)
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#3 Doing What Matters

Video: [Life Map Explainer](#)

- [Life Map Worksheet](#)

Don't like the life map? Try this: [▶ The Choice Point: A Map for a Meaningful Life](#)

Video: [Values vs Goals - By Dr. Russ Harris](#) (4 Minutes)

Values worksheets:

- [Vales Checklist](#): Use this to narrow down your core values
- 3 Values Writing Exercises: [Link](#)

Strengths Finder:

- Not sure what strengths you have? Try out this survey to get some ideas:
[Find Your 24 Character Strengths | Personal Strengths List](#)

Exercise: [Developing a life philosophy](#)

- **What is it?** A personal philosophy is a word or phrase that consists of the principles that influences your thoughts, words and actions.

10-Minute Toughness Protocol (Condensed Version): [Link](#)

- **What it's about?** Mental training is a must for high performance both on the field and off. But simply hoping for mental toughness isn't going to build any mind muscles. You need a proven routine of daily exercises to get you where you want to go. 10-Minute Toughness is your personal coach for boosting brainpower and achieving a competitive edge in whatever game you play. With quickness and ease, you'll learn how to master your own mind and psych out your opponents using personalized techniques. Like no other program available, the 10-Minute Toughness (10-MT) routine gets you ready for the competition in just ten minutes a day.
- **Why does it matter?** No matter how many books you read, videos you watch, or photos you like on Instagram, there is only one thing that is going to create real change. Taking action. The benefit of this protocol lies in the fact that it not only gives you the information but that it even provides you with instructions for how to act on it. By developing your own 10-Minute routine, you can begin to attune your mind towards performing like you want rather than hoping it aligns with how you want to show up.
- If you're interested in reading the whole book, check it out here: [10-Minute Toughness: The Mental Training Program for Winning Before the Game Begins: Selk, Jason](#)

Locus of Control Exercise: [What is in my control and what is not?](#)

- **Why this practice matters:** We often try to control other people's opinions and how they think about us, but ironically, in the desire for approval we give up control of our own

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lives. As Lao Tzu, the philosopher and reputed author of the Tao Te Ching, and the founder of Taoism said, "Care about what other people think and you will always be their prisoner."