**Practical mindfulness**

Can achieve more

Mkaing decisions

Do things properly

Can get daily tasks done

Helps me get things done

practical mindfulness

Mindfulness makes me more effective

Mindfulness helps to order

Mire effective therapy

Mindfulness helps to be more practical

**Reduce stress**

At ease with future

Reduction of stress

Relieving tension

Not anxious

Cope with stress

Use to reduce stress

Being free from worry

Mindfulness helps for stress

Reduces agitation

Reduces tension

Reduces tension

**Observing**

Observing thoughts

Observing without judgement

observing

observing body sensations

observing thoughts

observing

observing

**Breathing**

Can rely on breathing

Not just breathing

Use of breathing

**Being with the unpleasant**

Not avoiding the aversive

absorbed in unpleasant experience

Managing unpleasant situations

Not struggling against unwanted sensations

Able to stay with the aversive

Use to deal with unpleasant situations

**Changing thoughts**

Use to change negative thinking

Stop thoughts jumping

no extremes in thinking

changing focus on thoughts

Thoughts coming and going

change perspective on situation

changing content of thoughts

Changing perspective on thoughts

**Focus**

Focus on what Im doing

Finding ways to focus

Focussing on the body

Mindfulness makes more focussed in life

Focus

Focus

Focus is relaxing

Focus on something else

Focus for individual therapy

**Natural mindfulness**

Part of daily life

more mindful than i think

Already present in life

Already did mindfulness

Doing mindfulness more than I am aware

Do it without thinking

**Simplicity**

Mindfulness is simple

Mindfulness is simple

Dont need external stimuli

**Supporting mindfulness**

using handouts

guided

use of outside voice

using the group

using with other skills

Naming it as mindfulness

**Motivation**

Motivation effects mindfulness

Takes effort

Cant just throw myself in

motivation effects mindfulness

Wilful about being mindful

Cant do it if not motivated

Cant do it if wilful

Feeling stressed due to wilfulness

If cant do it I feel agitated

More difficult if stressed

**Practice**

Got easier with practice

At first it was harder

with practice fewer intrusive thoughts

**Relaxation**

Relaxation through body scan

feeling relaxed

feeling relaxed

**Should**

I should do mindfulness

Should do mindfulness

**Vulnerable**

Feeling vulnerable

Feeling exposed

**Going inside**

Exploring inside

Going inside

**Mindful language**

Use of DBT language

Use of mindful language

learnt the theory

increased control

uncertain of mindfulness

wise mind

mindfully describing

doing one thing at a time

Stay away from participating

**Awareness**

Noticing body/mind

Understanding inside herself

Gaining insight

Insight into feelings

Increased awareness

Noticing judgements

Identifying tension

Noticing something new

Increased awareness