

Module 2 - The five key elements of mindfulness:

Hi, I'm Martin St-André. Today I'm going to talk about the 5 key ingredients of mindfulness.

1) The radical acceptance of reality.

The radical acceptance of reality is practiced here and now. It's the complete opposite of giving up when facing life's difficulties. Nor is it a question of aiming to feel nothing when faced with situations that make us sad, angry or disappointed. The purpose is to respond effectively to any new situations in our lives. For example, manage a more difficult situation with baby.

2) Mindful and non-judgmental observation of thoughts and emotions.

Mindful observation of thoughts and emotions means simply observing what's going on, without trying to change it. It's also the practice of being kind to ourselves. It's about training our attention to focus on what's happening now, without looking to the past or future. During the practice, we commit ourselves to returning later to thoughts or emotions that come knocking on our door repeatedly. This is called "taking charge of our thoughts and emotions". During practice, we learn to realize clearly that we are neither our thoughts nor our emotions. This helps us to step back from moments of discomfort or even physical or emotional suffering in our lives.

3) Use one or more physical anchor points to help us orient ourselves during practice.

For example, we encourage you to choose a favorable posture, or to use the breath as a guiding thread in your practice. We invite you to use the practices suggested in the program.

4) Adopt favorable habits and attitudes.

These include regularity in practice. We encourage you to take short moments during your day to pause and practice mindfulness. We also encourage you to make a personal commitment to completing the short practice you've started, regardless of the pleasant or unpleasant thoughts that come to mind. Finally, remember to cultivate generosity, curiosity, kindness and perseverance.

5) Draw on teaching resources to guide your practice alone or with others.

In short, mindfulness is a practice you can learn during the period surrounding your baby's arrival. It's a simple practice. At the same time, it's not easy and requires perseverance. Without being miraculous, it can bring you many benefits. Mindfulness is a very useful complement to any strategy aimed at making changes in your life. We invite you to experience it for yourself.