



Be Mindful in May Discussion Questions

May 2024

'Mindfulness is attention, the awareness of the present moment; without judgement.'

1. Do you use any forms of mindfulness as a coping strategy for pain management?
(such as meditation, body scans or breathing exercises)
2. What has been your experience with using affirmations or mantras?
Have you found them to be useful?
3. How does paying attention to mindfulness change how we feel about pain?
Can it make pain easier to handle or accept?
4. How can mindfulness activities influence our anxiety and/or depression?
5. What are some simple breathing exercises you find helpful?
(such as deep breathing or progressive muscle relaxation)
6. How does focusing on the present help pull you out of ruminating thoughts?
7. How can being kind, curious, and non-judgmental help us process our emotions?
8. Why is being kind to ourselves important for coping with pain?
9. What are ways you can incorporate mindfulness into your daily life?
10. Can you share an experience where focusing on your breath or using a mantra helped you cope with pain?
11. What are some things you do to practice self-compassion?
12. Have you tried using deep breathing to calm down your nervous system?
If yes, was it helpful?
13. How can mindfulness practices help you better understand and manage your thoughts and emotions?
14. Have you paid attention to your breath today?



15. What mindfulness approaches do you find the most helpful?
(such as meditation, body scans or breathing exercises)
16. How do affirmations or mantras impact our mindset?
17. How do you reconnect with the present moment (or ground yourself)?
18. How often do you ask yourself, what do I need at this moment?
19. How can mindfulness practices, such as meditation or body scanning, help you cope with chronic pain?
20. What are you grateful for today?
21. When you begin to ruminate on negative thoughts, what tools do you use to ground yourself? Do you use your mind, body, spirit or all?
22. Are you as kind to yourself as you are to others? (self-compassion)
23. Do you keep a gratitude journal?
24. Have you given yourself permission to just be?
25. When was the last time you slowed down?