

Mindfulness Practices to Reduce Stress

Mindfulness Moment (30 Seconds)

1. Let your spine be comfortably upright and your body relaxed. (Pause)
2. Bring your awareness to any sensations of breathing, any feeling in your body, to the sounds, or shapes or colors in the room. Simply know you are perceiving them. Allow your awareness to rest naturally on whatever sensations arise, accepting that this is your experience in this moment. Just watch them flow by like a river. (Pause 30 seconds)
3. Gently conclude your mindfulness moment.

Mindfulness Moment (3 Minutes)

1. Let your spine be comfortably upright and your body relaxed. (Pause)
2. Allow your awareness to be relaxed and present. Thoughts and feelings can come and go freely. Leave all your senses open and relaxed. (Pause 10 seconds)
3. Bring your awareness to any sensations of breathing, any feeling in your body, to the sounds, shapes, or colors in the room, or to your thoughts and emotions. Simply allow your awareness to rest naturally on whatever arises, accepting that this is your experience in this moment. (Pause 30 seconds)
4. When you realize that you have been lost in thoughts and feelings, know that you are already back in the present moment. Just know that you are feeling sensations or experiencing thoughts and emotions. Simply watch them flow by like a river. (Pause 30 seconds).
5. Let your mind relax in the present moment without focusing on anything in particular. (Pause 30 seconds).
6. Gently conclude your mindfulness moment.

STOP Technique

Stop doing, just be

Take a breath

Observe your thoughts and feelings – what's going on inside right now?

- Just notice – no need to change it

Proceed

- With what you were doing – OR –

- Change course

Savoring the Positive

Counteract your negativity bias with gratitude, acceptance, and savoring the positive – for 20 seconds each time. How to do this:

1. Look for good facts and turn them into good experiences
2. Savor the experience
3. Intend and sense that the good experience is sinking into you

Feel Your Feet

Bring awareness to your

- Feet OR
- Hands OR
- Your weight against the chair or floor OR
- Any part of your body that brings a sense of comfort, grounding, or centeredness

Five-Five Breathing

Maximizes heart rate variability – leads to greater resilience

- Breathe in for a slow count of 5
 - Breathe out for a slow count of 5
 - Repeat as long as this is comfortable
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- Adjust the pace of the counting to what feels comfortable
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- Also see Andrew Weil's 4-7-8 breathing technique

Single Breath Technique

- Take a big easy breath in – OR – let the breath come and go on its own
- Notice with kindness:
 - The natural build of energy as you breathe in
 - The natural letting go and relaxation of breathing out
- Say in your mind (optional):
 - As you breathe in – “Nourish” or “Support” (‘doing’ word)
 - As you breathe out – “Release” or “Let go” or “Relax” (‘being’ word)
 - During the pause after the outbreath – “Peace” or “Calm” or “Rest”(‘being’ word)
- You can do this in any situation.

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