

Being mindful during the day will help to keep us in the moment. Use this guide to help breathing, movements and other mindful suggestions.



Mindful Moments Guide

Body Posture Awareness for Mindfulness Suggestions

Mountain Pose (Seated)

- Sit forward at the front of your chair
- Keep your feet flat on floor, hip width apart and toes pointing forward
- Position your knees over ankles
- Sit bones should be evenly balanced on chair
- Pull your belly in towards your spine
- Keep your shoulders over your hips, pulled back and down
- Lengthen your spine
- Keep your chin parallel to the ground and slightly tucked to lengthen back of neck
- Crown of your head lengthening toward the sky

Mountain Pose (Standing)

- Keep your feet flat on floor, hip width apart and toes pointing forward
- Position your knees over your ankles
- Point your hips forward
- Pull your belly in toward your spine
- Keep your shoulders over your hips, pulled back and down
- Lengthen your spine
- Keep your chin parallel to the ground and slightly tucked to lengthen back of neck
- Crown of your head lengthening toward the sky

Mindful Breathing

Box Breathing

Breathe gently and smoothly. Listen to your body and reduce the count if you feel discomfort. Don't rush or try to do this perfectly.

- Breathe out slowly, releasing all the air from your lungs
- Breathe in through your nose as you slowly and silently count to four
- Pause your breath for a count of four
- Exhale to the count of four
- Repeat for three to four rounds

Sun Breath and Balancing Breath

A breath that coordinates the inhale and exhale with movement.

- Sit or stand in Mountain pose, straight and tall
- Keep your arms down by your sides with your palms facing out
- Inhale and scoop your arms up toward the ceiling, reaching to the top when you finish your inhale
- Exhale and let your arms float down to the length of your exhale
- For a more calming breath, make the exhale longer than the inhale

Focusing Breath

- Sit straight and tall with your palms face up on your lap
- Close your fingers into fists
- Inhale and slowly open your fingers to the extent of your inhale
- Exhale and slowly close your fingers back to the fist to the extent of your exhale

Sensory Shift Mindfulness

Sensory Shift

You have the power to change how you are feeling with a simple shift.

Feeling Overwhelmed: Use your environment to shift your focus

Unpleasant Smell or Taste: Use essentials oils, candles, mints, or gum

Sound: Change what you are listening to, take in/out headphones, turn on/off music

Location: Go to another room, go outside/inside, sunglasses on/off.

Engaging the senses

5, 4, 3, 2, 1... Take a look around. Notice five things you can see and name them. Notice four things you can feel to the touch. Notice three things you can hear. Notice two things you can smell. Notice one thing you can taste or have tasted today. This allows you to get grounded into the present moment and your surroundings rather than all the things that you are thinking and feeling.

Body Language

Are you presenting an open, engaged, listening body posture? Open up your arms, uncross your legs, palms up, shoulders back and open. This allows presence to conversations and openness to listen.

Mindful Eating

Remove all distractions when eating. Reduce the trance like state that occurs when you are scrolling through your phone or watching TV. Bring presence to your eating, noticing the colors, taste, and texture of your food. This allows you to slow down your eating and notice when you become full.

Be Mindful of your Emotions

When thinking too much, hustling and bustling through the day it is hard to notice our emotions. Ask yourself, what am I feeling in this moment? Then choose a meaningful word or short phrase to repeat to yourself, such as "peace," or "I breathe in calm and exhale tension." Breathe deeply, repeating the word or phrase to yourself.

Acknowledgment

Placing your hands over your heart and/or stomach take 90 seconds to ask and acknowledge what emotion that you are feeling and say it out loud.

Mindful Nature/Mindful Walking

Take your shoes off outside and walk in the grass. Stand still for a moment. Feel the grass beneath your feet and picture yourself standing on the earth. Breathe in and out several times, enjoying the feeling of nature. Focus on your feet hitting the ground, your legs moving your body, your body tall. Using your senses, enjoy the sights and sounds surrounding you in your walk.

Gratitude

Take three deep breaths before you start to eat. Come from a place of gratitude for your abundance. This breath calms you so

that you can digest your food more efficiently and to take the time today to acknowledge something with gratitude that you usually overlook. Feel your heart expand for that gift in your life.

Begin a 10 second Mindful Practice before Bed

Tonight when you get into bed, crawl in and settle in your most comfortable position. Don't reach for the light, a book or the TV. For ten seconds, use your senses to notice the feel of your sheets. What do they smell like? Is it cool or warm? What sounds do you hear? What does the room look like? Enjoy without judgment and with gratitude the luxurious feeling of relaxation with presence.

Mindful Movement

Ruler Pose Stretch

Stand tall and straight in Standing Mountain pose. Keep your arms by your sides and palms facing out. Raise your arms toward the ceiling as high as they will go. Think of stretching your spine. Take three easy breaths here to enjoy the stretch, then slowly lower your arms to your sides.

Neck and Shoulder Relaxation

Sitting tall at the front edge of your chair in Seated Mountain pose, inhale and look gently to your right, keeping your chin parallel to the ground, exhale, then look to the left.

From Seated Mountain, gently roll your shoulders up, back and down a couple times while keeping your breathing even. How does that feel? Then up, forward and down with even breathing, noticing your shoulder blades moving away from your spine. Do your shoulders feel better?

Shoulder Shrugs

From Seated Mountain pose, inhale and lift your shoulders up. On the exhale, lower your shoulders down. Repeat this several times

Cat/Cow

From Seated Mountain pose, sitting at the front edge of your chair, inhale and on your exhale, pull your belly in; curl your mid, lower and upper back; dropping your head so that you are looking toward your belly. Inhale, sitting up, and reverse the arch with your shoulders back. Repeat this several times, sit still and notice how you feel.

Rub Hands Together and Cup Over Eyes

For tired eyes - rub your clean hands together vigorously for a few moments, then bring your hands up to your eyes. Close your eyes and cup your palms over your eyes with your fingers facing up on your forehead. Inhale and slowly exhale as you feel the warm peaceful feeling of no eye movement. Remove your hands when you feel ready.

Hands Together and Cross them Over Heart

Vigorously rub your hands together for a few moments, and place your hands crossed over each other at the center of your chest. Take an easy inhale and exhale feeling the warmth, the pressure of your hands as a reminder to settle your breathing and notice in the moment how you are feeling.