

Mindful Moments

FIVE EXERCISES TO IMPLEMENT TODAY



MINDFUL BREATHING

Take a deep breath in and sigh it out. Take another deep breath in and sigh it out. Using your judgment-free curiosity, let your breath return to a normal rhythm, observing its unique qualities in this present moment. Gently alter your breath, trying to make your inhales and exhales the same length. They may be two seconds each, or three, or four. Just notice the breath you brought with you today. If it feels good to you, try to lengthen each inhale and exhale. Practice for about five minutes.

WALKING MEDITATION

Our problems and worries tend to shrink when we get outside. Try going for a walk where the sole purpose is to walk, rather than to get from point A to point B. Pay attention to your breath, taking two or three steps with each inhale or exhale. Notice the ground's support.

MINDFUL EATING

"Look at a peach deeply. Don't put it in your mouth right away. Look at it and smile to it, and if you are mindful you will see the sunshine inside the peach. A cloud is inside. The great Earth is inside. A lot of love and a lot of hard work are inside. Then, when you eat it, please be sure to chew only the peach, and not your projects or your worries. Enjoy eating your peach. The peach is a miracle. You, also, are a miracle. So spend time with your food; every minute of your meal should be happy." ~Thich Nhat Hanh

GRATITUDE JOURNAL

Spend five minutes writing a meandering list of people, things, feelings, or experiences for which you are grateful. The list can include items that are abstract or tangible, near or far. Have fun thinking through all the joy in your life! For extra support, do this every day or post your list on your bathroom mirror and review it when you brush your teeth.

FREE WRITE

There is much power in the written word. Whenever you feel stuck, overwhelmed, or just not yourself, set a timer for five minutes, set an intention (ask for guidance, closure, relief, etc.), and start writing. Don't worry about your words being legible. Just keep writing for the entire five minutes. Let your thoughts go and tune in to your hand and the pen. Don't judge anything that comes up, simply write it down. If needed, burn the page and set it free.