

Wellness Wednesday

Mindfulness Meditations

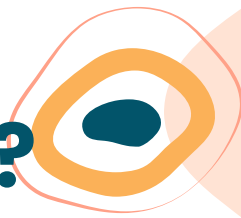


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What is Mindfulness Meditation?



Mindfulness allows us to focus on “the now” so you can acknowledge and accept your thoughts, feelings, and sensations without judgment.

Mindfulness Meditation is a practice that teaches you to slow down your mind, let go of negativity, and calm your body/mind.

Current Mood



Benefits of Meditation



The world is full of highs and lows, especially in 2020 as the world faces various struggles.



It is very easy to become consumed with racing thoughts, work demands, family demands, to-do lists, and more. Mindfulness can help to calm our body and mind to better manage the demands of our lives.



Mindfulness can also be shared with your family as a way to connect and learn to calm ourselves as a unit.



Get Started!



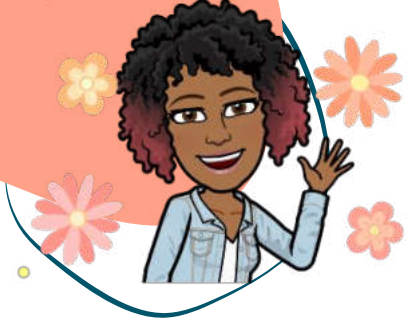
Learning mindfulness can be self-taught or taught by a professional. It is important to set aside meditation time to practice, but do not be disappointed if life gets in the way of this practice time sometimes.

Set your alarm or add to your calendar 15-30 minutes a day to practice mindfulness. Some people may want to do this before bed as a part of their nighttime routine. Whatever you choose, get comfortable!

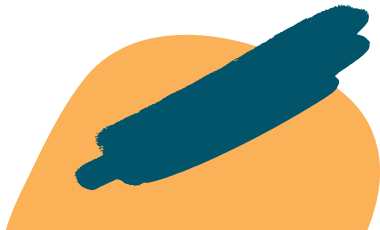
Find a quiet and cozy space. Sit with your head, neck, and back straight but not too stiff. This position should feel natural and comfortable.

Try not to use your work space as your mindfulness space. Wear something comfortable as well!

REMEMBER



**Remember,
Mindfulness is what
you make it, but here
are some ideas...**





Ideas for Mindfulness Activities

1

Focus on the breath.

Concentrate on filling your lungs up with air, exhale slowly, and repeat this step multiple times. Identify the physiological changes your body experiences.

2

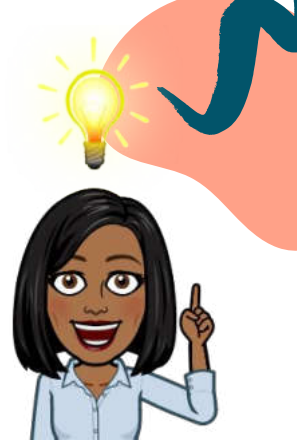
Bring your attention to your body.

Begin at the bottom of your feet and work upward to the top of your head. Scan your body for any sensations. Notice tightness of muscles, tingles, etc. What are these sensations telling you?

3

Stretch.

Gently stretch your muscles. Begin by slowly rotating your neck from side to side. Stretching helps increase your flexibility. It can also improve your posture, reduce stress and body aches.



Mindful-Links

<https://www.therapistaid.com/worksheets/grounding-techniques.pdf>

<https://www.therapistaid.com/worksheets/coping-skills-anxiety.pdf>

<https://www.therapistaid.com/worksheets/how-to-practice-mindfulness-meditation.pdf>

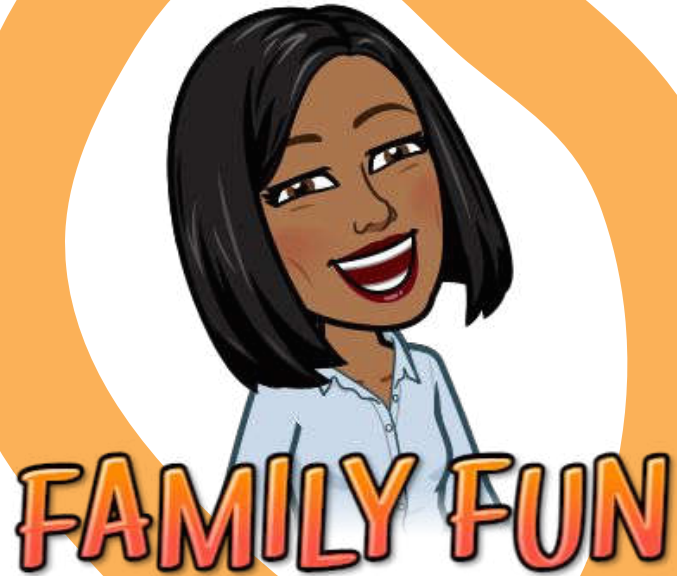
LINKS





It's a Family Affair

Mindfulness can be a family affair. Small children can even engage in mindfulness activities. Be a part of teaching someone how to create calm in their world!





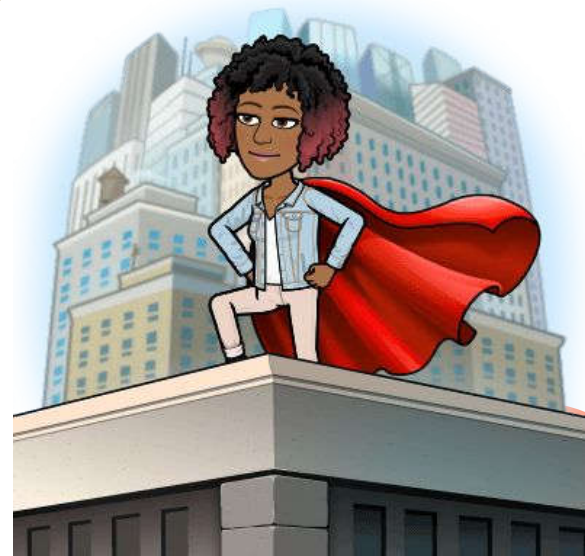
Kids can engage in Mindful Posing!

The Superman:

stand with feet wider than hips, fists clenched, and arms reached out to the sky, stretching body as tall as possible.

The Wonder Woman:

this pose is struck by standing tall with legs wider than hip width apart and hands or fists placed on the hips.

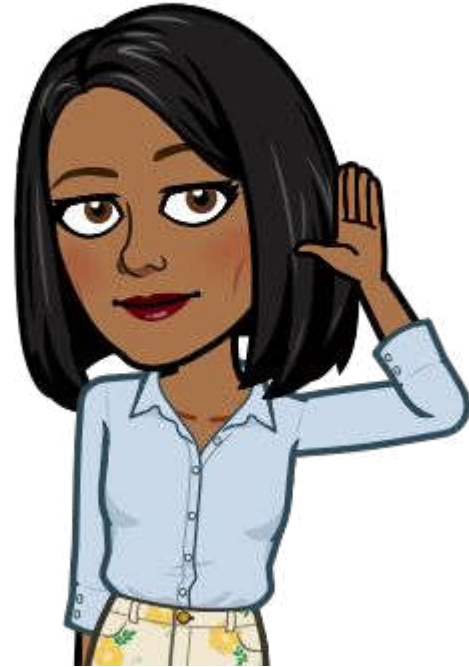


Kids can also engage in Mindful Senses!

Ask your child to turn on their “spidey senses”.

Ask them what they hear, smell, taste, or can touch.

This will encourage them to focus their attention on the present by looking around the room to become aware of their environment.



Accountability

1

Brushing your teeth:

Feel your feet on the floor, the brush in your hand, and your arm moving side to side.

2

Doing dishes:

Savor the feeling of the warm water on your hands, the look of the bubbles, and the sound of the pans clunking on the sink.

3

Doing laundry:

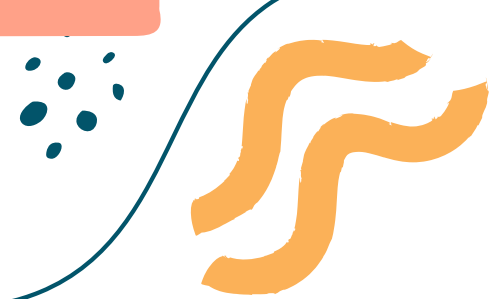
Pay attention to the smell of the clean clothes and the feel of the fabric. Count your breaths as you fold laundry.

4

Driving:

Turn off the radio-or put on something soothing. Imagine your spine growing tall, relax your hands on the steering wheel. Notice if you're gripping the wheel too tightly.





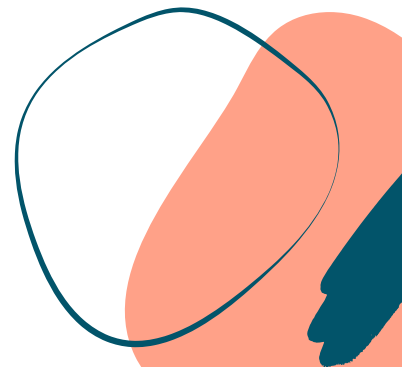
HANG IN
THERE



FAQs

As you're practicing mindfulness, you will have tons of questions about if you are doing it correctly, or how long it will take, etc. Practicing mindfulness will allow you to feel more comfortable. It is okay to be uncertain.

The benefits are going to be great for you!



Chat with a **PRO**

AIR HUGS!

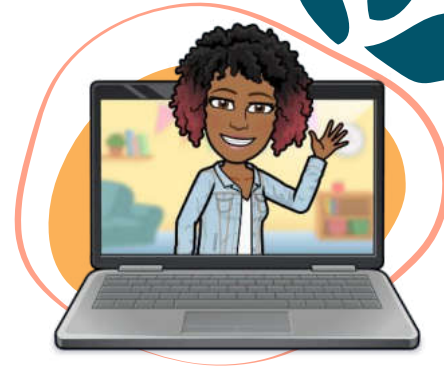


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