

10 x 1 minute Mindfulness Exercises

Yawn and Stretch

- Yawn – a fake one will lead to real ones.
- Notice how a yawn interrupts your thoughts and feelings Now stretch really, really slowly for at least 10 seconds.
- Notice any tightness and say ‘ease’ or say hello to that place
- For 20 more seconds, be present & then get back to what you were doing.

Index finger of one hand stroking fingers of other hand and swap.

- Lower or close your eyes and take the index finger of your right hand and slowly move it up and down on the outside of your fingers like you are drawing your fingers.
- Once you have mindfully stroked your left hand swap and let you left hand stroke your right hand fingers.

Clench fist and breath into your fingers

- Arm and fingers and thumbs facing down parallel to the ground
- Now clench your fist tightly.
- Turn your hand over so fingers and thumb are facing up and imagine your breath blowing into your fist. Notice what happens. OR tighten up your fists or other body parts and then purposefully relax.

STOP the REACTION.....

- Pause and take 1 to 3 big breaths
- Say ‘step back’ (You don’t have to physically step back you can just do it in your mind)
- Say ‘clear head’
- Say ‘calm body’
- Breathe again



Say RELAX, MELT or EASE

STOP

- S - Stand up and breath – feel your connection to the earth
- T – Tune in – to your body, lower your gaze and scan your body and notice physical sensations or emotions. On the out breath, breathe out any unpleasant sensations. Any pleasant ones, notice them and let them fill you up on the in breath (or bring them in on the in breath eg say ‘Please show me body what “all OK” feels like’)
- O – Observe – lift your eyes and take in your surroundings. Observe something in your environment that is pleasant and be grateful for it
- P – Possibility – Ask yourself what is possible now or what is new or what is a forward step.
- PAUSE for about 30 seconds and let your “inside place” answer

Mindful breathing for 1 minute

- Lower your eyes & notice where you feel your breath. Maybe at the air going in & out at your nostrils or the rise & fall of your chest or stomach.
- If you can’t feel anything place your hand on your tummy and notice how your hand gently rises and falls with your breath. You can lengthen the in breath and make the out breath a bit longer or just breathe naturally. Your body knows how to breathe.
- Just focus on your breath and when your mind wanders, as it will do, just bring your attention back to your breath. You might like to say ‘thinking’ when you notice your thoughts and just gently shepherd your attention back to your breath.
- This can be done for longer than 1 minute. However even for 1 minute it will allow you to just pause and be in the moment. Or you can breath out stress (on the out breath) and breath in peace (on the in breath)

Loving Kindness Meditation

- For 1 minute just say over and over again ‘May I be happy, may I be well, may I be filled with kindness and peace’.
- ‘May you be happy, may you be well, may you be filled with kindness and peace’. (You can be thinking of someone you know and like or you can just be sending love to all people).



An Intention or Aspiration

- Decide on an intention or aspiration. What is my intention today?
- Just pause for about 20 seconds and then do this a second or third time and write down what comes.
- Perhaps it is to come from love, or to be kind to yourself or others or to be patient. Once you decide which aspiration or intention you like best, say that at the beginning of the day. For example: 'Today I will come from love'. This will set you up for your day and your interactions with others (and even with yourself).

CAN Do

DO this at anytime when life gets bumpy.

- **C = COMMON** or normal
- **A = AWARE** of ground, breath, sounds.
- **N = NURTURE** your self.

C = COMMON or normal. *This is upsetting or hard. Everyone has upsets.*

A = AWARE of ground, breath, sounds. *I can feel the earth beneath me. I am taking a big breath. I am aware of the sounds around me.*

N = NURTURE *I am placing a hand on my heart or belly or holding my own hand and I am saying: 'I am sending care my way', or 'there, there I am looking after me'*



Mindfulness helps us to respond and not react. **THE PAUSE is very powerful.**

A hug for you, my friend



3 hugs, 3 big breaths exercise.

- *Hug someone, really hug them and take 3 big breaths together,
- *Even if they don't breath with you, your breathing will ground them