

HOW TO PRACTICE MINDFULNESS

Calming Daily Exercises

SPEND TIME IN NATURE.

Get away to a **quieter atmosphere**.

- A beach, park, forest, garden, meadow, or even your backyard.

POSITIVE AFFIRMATIONS.

Celebrate yourself as you are **right now**. Get affirmation cards, write them down in a journal or stick notes on your mirror!

MINDFUL EATING

- Eat dinner in the present without electronics.
- Notice how the food is **nourishing** you.
- Delight in the different flavors and textures.

LISTEN TO YOUR BODY'S SIGNALS.

- Close your eyes.
- Pay attention to how you feel as you start to **breathe deeply**.
- What is your body trying to **tell you**?

DECLUTTER YOUR SPACE.

- Drawers, desk, emails, texts, voicemails, closet, pantry, desktop etc.
- Brings you a feeling of **mental clarity**.

THINK ABOUT THE "WHY"

- Reframe your thoughts on daily tasks.
- **Example:** Why do I have to do laundry? Because I'll have fresh clothes ready for tomorrow.

Mindfulness exercises

Mindfulness 5-4-3-2-1

Focus on the world around you. At this moment, what are:

- 5** Things you see
- 4** Things you hear
- 3** Things you can touch
- 2** Things you can smell
- 1** Thing you can taste



Bringing awareness to your breathing

Simply stop everything you are doing and focus on your breath. Every time you get distracted by an anxious thought or worry, just bring your attention back to your breathing. This exercise is great because it pairs respiratory control with mindfulness for situations when anxiety is too difficult to manage.

Imagine you are climbing up the ladder to a slide while you breathe in deeply. When you exhale, imagine you are sliding down the slide. Pause to get back to the ladder and climb back up when you breathe in, slide down while breathing out.

Now imagine a glass filling or a balloon inflating while you breathe in, emptying while you breathe out.

As you finish your breathing exercise, how do you feel? Calm? Less worried? Happy?

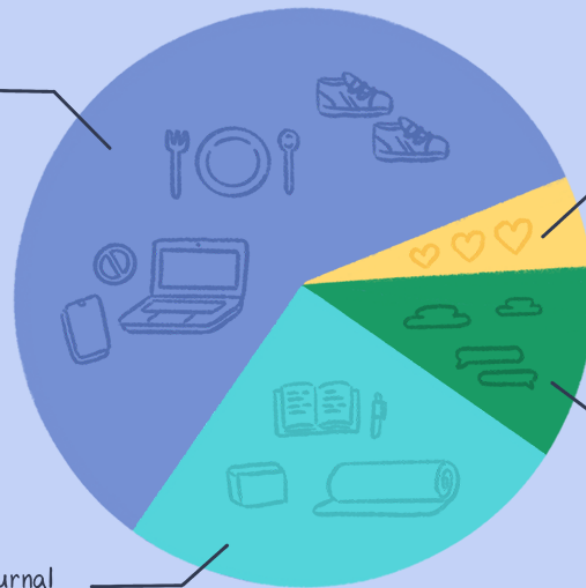
For this simple exercise **you only need you to do it – nothing else! Also, you can do it at any time**, so no one will really know that you're doing it.

60 MINUTES TO MINDFULNESS

Choose an activity per time block,
and try being fully in the present!

35 mins

- go for a walk
- savor a meal
- take a screen break



3 mins

- do breathing exercises
- write 3 things you're grateful for

7 mins

- get some fresh air
- exchange messages with a loved one

15 mins

- write in your journal
- try yoga or stretching

@thefabstory

TEN STEPS TO MINDFULNESS MEDITATION



Create time & space.

Choose a regular time each day for mindfulness meditation practice, ideally a quiet place free from distraction



Set a timer.

Start with just 5 minutes and ease your way up to 15-40 minutes.



Find a comfortable sitting position.

Sit cross-legged on the floor, on the grass, or in a chair your feet flat on the ground.



Check your posture.

Sit up straight, hands in a comfortable position. Keep neck long, chin tilted slightly downward, tongue resting on roof of mouth. Relax shoulders. Close eyes or gaze downward 5-10 feet in front of you.



Take deep breaths.

Deep breathing helps settle the body and establish your presence in the space



Direct attention to your breath.

Focus on a part of the body where the breath feels prominent: nostrils; back of throat; or diaphragm. Try not to switch focus.



Maintain attention to your breath.

As you inhale and exhale, focus on the breath. If attention wanders, return to the breath. Let go of thoughts, feelings or distractions.



Repeat steps 6-7.

For the duration of meditation session. The mind will wander. Simply acknowledge this and return to your breath.



Be kind to yourself.

Don't be upset if focus occasionally drifts or if you fall asleep. If very tired, meditate with eyes open and rearrange posture to more erect (but still relaxed) position.



Prepare for a soft landing.

When the timer goes off, keep eyes closed until you're ready to open them. Be thankful. Acknowledge your practice with gratitude.

Mindfulness Exercises



Mindfulness Meditation

Find a place where you can sit quietly and undisturbed for a few moments. To begin, you might want to set a timer for about 10 minutes, but after some experience you should not be too concerned about the length of time you spend meditating.

Begin by bringing your attention to the present moment by noticing your breathing. Pay attention to your breath as it enters and then leaves your body. Before long, your mind will begin to wander, pulling you out of the present moment. That's ok. Notice your thoughts and feelings as if you are an outside observer watching what's happening in your brain. Take note, and allow yourself to return to your breathing.

Sometimes you might feel frustrated or bored. That's fine—these are just a few more feelings to notice. Your mind might start to plan an upcoming weekend, or worry about a responsibility. Notice where your thoughts are going, and accept what's happening.

Whenever you are able to, return your concentration to your breathing. Continue this process until your timer rings, or until you are ready to be done.



Body Scan

During the body scan exercise you will pay close attention to physical sensations throughout your body. The goal isn't to change or relax your body, but instead to notice and become more aware of it. Don't worry too much about how long you practice, but do move slowly.

Begin by paying attention to the sensations in your feet. Notice any sensations such as warmth, coolness, pressure, pain, or a breeze moving over your skin. Slowly move up your body—to your calves, thighs, pelvis, stomach, chest, back, shoulders, arms, hands, fingers, neck, and finally your head. Spend some time on each of these body parts, just noticing the sensations.

After you travel up your body, begin to move back down, through each body part, until you reach your feet again. Remember: move slowly, and just pay attention.



Mindful Eating

Choose a food you would like to practice with (preferably something you can hold in your hand without getting messy). Something as simple as a single raisin will work well. Move slowly through these steps, taking a moment to focus on each one.

Before you pick up your food, notice how it looks on the table in front of you. Notice its color, how the light reflects from its surface, and its size.

Mindfulness Exercises

Now, pick up the food. Notice the weight, and how the food feels against your skin. Roll the object between your fingers, or roll it in your hand, and notice its texture. Notice if it's smooth, rough, slick, soft, firm or if it has any other properties. Hold the food to your nose, and pay attention to its smell.

Next, place the food in your mouth, on your tongue, but don't eat it. Notice how it feels in your mouth. Does the texture feel the same as on your hand? What do you taste? Roll the food around in your mouth and pay attention to the feeling.

Finally, begin to slowly chew your food. Notice how your teeth sink into it, and how the texture is different inside. Pay close attention to the flavor, and how it spreads across your tongue. Notice how your body changes—does your mouth fill with saliva? Does your tongue feel hot or cold? Continue to chew your food, paying close attention to the many sensations as you finish.

Five Senses

Use this exercise to quickly ground yourself in the present when you only have a moment. The goal is to notice something that you are currently experiencing through each of your senses.

What are 5 things you can see? Look around you and notice 5 things you hadn't noticed before. Maybe a pattern on a wall, light reflecting from a surface, or a knick-knack in the corner of a room.

What are 4 things you can feel? Maybe you can feel the pressure of your feet on the floor, your shirt resting on your shoulders, or the temperature on your skin. Pick up an object and notice its texture.

What are 3 things you can hear? Notice all the background sounds you had been filtering out, such as an air-conditioning, birds chirping, or cars on a distant street.

What are 2 things you can smell? Maybe you can smell flowers, coffee, or freshly cut grass. It doesn't have to be a nice smell either: maybe there's an overflowing trash can or sewer.

What is 1 thing you can taste? Pop a piece of gum in your mouth, sip a drink, eat a snack if you have one, or simply notice how your mouth tastes. "Taste" the air to see how it feels on your tongue.

The numbers for each sense are only a guideline. Feel free to do more or less of each. Also, try this exercise while doing an activity like washing dishes, listening to music, or going for a walk.

Fun

5 MINDFULNESS ACTIVITIES for children

1 "JUST ONE BREATH" BREATHING ACTIVITY

- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.



2 CREATE A GLITTER JAR



- Finding a jar or plastic bottle and allow your child to decorate it however they like.
- Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- Seal the lid and you are ready to go.

3 HEARTBEAT EXERCISE

- Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
- At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.



4 GOING ON A SAFARI



- Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
- Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
- Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.

5 TENSE AND RELEASE MUSCLE RELAXATION

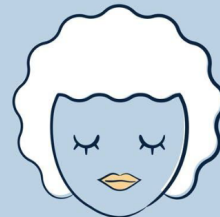
- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.



How to Do Belly Breathing in 6 Steps



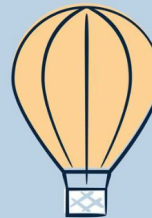
1 Sit in a comfortable position.



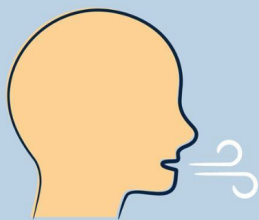
2 Close your eyes.



3 Breathe in slowly through your nose and count to five.



4 Feel your belly fill with air.



5 Breathe out slowly through your mouth.



6 Repeat the cycle five times.