



Mindfulness Practices

Grounding: When feeling fragmented, notice the sensation of the support of the chair beneath your body or of the floor beneath your feet. Rest in that sensation of support for a few seconds.

Power Breath:

When feeling up-regulated, try a Power Breath. Inhale for a count of 4, and exhale for a count of 8; repeat for a minute. (This can be shortened to In for 3, and Out for 6, or In for 2, and Out for 4.)

Heart Breath:

When feeling unstable, try the Heart Breath. Direct your attention to your heart area. Sustain your attention, and imagine breathing directly into and out of your heart (heart-space) for 3 minutes.

3-Minute Breathing Space¹

<https://www.youtube.com/watch?v=8oWmGJc8NWI>

Practice 2-3 times per day, and then bring it into your day whenever you feel stressed.

Self-Compassion Break²

Silently notice when something is difficult: ~ “This is hard.”

Silently acknowledge your common humanity: ~ “I may not like this, but it’s part of being human for things not to be perfect.

Silently give yourself a kind/self-mentoring message: ~ “I know you can get through this. You can learn from this, and try again.”

Soften-Soothe-Allow²

→ Name a strong emotion, silently and kindly: “Oh this is anger.”

→ Find related tension in the body, such as the belly or the jaw.

1. Direct your attention to (or near) that area, and silently repeat the word, “**Soften**”, to help you loosen the tension.

2. Silently repeat the word “**Soothe**”, while offering yourself a kind touch (~hands resting on belly or jaw) or kind words (~ “I know this is hard. May I be kind to myself.”)

3. Silently repeat the word “**Allow**”, letting the emotion stay as long as it needs to, until it dissolves naturally.

¹Jon Kabat-Zinn;

²Adapted from the Mindful Self-Compassion program, by Kristin Neff and Christopher Germer:

www.centerformxc.org

GRACE³

Finding balance in the midst of stressful interactions

Gather your attention.

→ Breathe in, and gather your attention.

(Notice the sensation of air entering your nostrils.)

→ Breathe out, and drop into your body.

(Direct your attention to the support of the chair or floor.)

Recall your intention.

→ Breathe in, and recall your intention for the greater good.

→ Breathe out, and affirm it.

Attune, first to yourself, then to the other person.

(Put on your own oxygen mask first.)

→ Scan your own body, heart (emotions) and mind (attitudes/biases) to be fully aware of what you bring into the room that might affect this visit.

→ Then, as you begin the encounter, sense into the body, heart (emotions), and mind (attitudes/biases) of the other person as best you can, imagining what they are experiencing, that might affect this visit.

Consider what will really serve.

→ Give yourself a moment's pause to reflect on what will really serve with this person, in light of all that you've just taken in, without jumping to conclusions.

→ Know that your knowledge and experience are here to support you, so you can give yourself a brief space to notice what's happening now, in case it provides a more accurate perspective.

Engage in compassionate action, and then **End** skillfully.

→ Mark the end of the encounter with a silent outbreath, perhaps asking something like, "Before I leave, is there anything else you want me to know?"

→ As you leave the visit, acknowledge to yourself what you've contributed and what you've learned, so you can set it down and move cleanly on.

³Halifax GRACE training, <https://www.upaya.org/social-action/grace>