

COMBATting STRESS WITH MINDFULNESS ACTIVITIES

Mindfulness Meditation for Stress Reduction



Diaphragmatic Breathing

- Relax, place one hand on chest, one on belly
- Practice breathing in and out
- If difficult to breathe lean forward



Choose a Focal Point (sound and/or sensation)

- Focus on focal point and breathe
- Inhale forcefully, listen to the sound of the breath entering the body



Evaluate

- How was your experience?
- Practice mindful breathing for 5 minutes everyday
- When you focus on your breathing you are fully present in the moment



Emotional Freedom Techniques

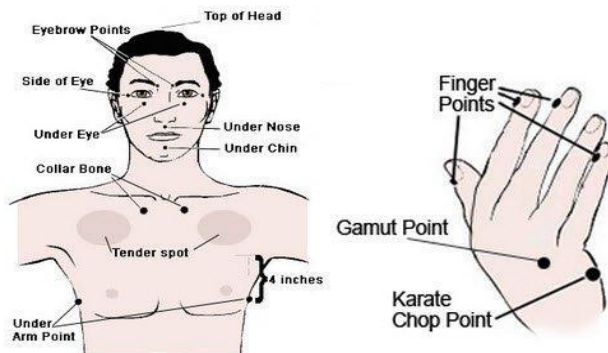


Identify the Issue: Where in your body do you feel the emotional issue most strongly?

Test the Initial Intensity: On a scale of 0 to 10 rate your level of stress. 0 to not being stressed and 10 to being extremely stressed.



The Setup: Repeat this statement three times, while continuously tapping the Karate Chop point on the side of the hand (large dot on hand diagram below). “Even though I have (problem), I deeply and completely accept myself”



The Sequence: Tap about seven times on each of the energy points in these diagrams while repeating the brief phrase that reminds you of the problem.

Test the Intensity Again: Determine your distress level Again, on a 0 to 10 scale. Repeat if your distress level is still high.

Hand on Heart



Calm down a panic attack in less than a minute, with Hand on Heart. When you notice distress or discomfort try the following:

1. Place your own hand on your own heart center
2. Breathe deeply
3. Breathe a sense of peace or ease or goodness into your heart center
4. Remember an instance when you felt safe, loved, and cherished by someone. This someone could be a partner or close friend; it could be a spiritual figure or beloved teacher; it could even be a pet.

**Scientists have found that being held by someone we feel safe with, even being physically near someone we feel safe with, is enough to release oxytocin that will restore our physiological equilibrium, bringing us back into a state of calm and trust from which it is possible to be resilient.*



RECOMMENDED APPS

MindBody



Headspace



Calm

