

## MINDFULNESS MEDITATION

Mindfulness meditation allows us to look inside and sense the weather of our minds, without judgment. When we practice this often, we begin to develop a greater sense of awareness about who we are outside of our feelings, thoughts, and behaviors.

To practice mindfulness meditation, find a comfortable space. It can be helpful to set an intention that you repeat to yourself like a mantra or affirmation. For example: Breathing in, "I am present." Breathing out, "I accept the present moment as it is." Repeat this as long as desired. We can also choose to focus on something else, like the breath. Having a singular point of focus allows us to turn inward and return to the present moment.

*What is your mindfulness meditation mantra?*

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## GROUNDING

Grounding is an excellent practice for returning to the present moment, teaching us to calm the storm clouds and appreciate the rain. We practice grounding by focusing on the five senses. Unlike mindfulness meditation where we turn inwards, grounding is a practice of connecting with the world around us.

*Here is a simple sample grounding practice:*

Name five things you can see.

Name four things you can hear.

Name three things you can feel.

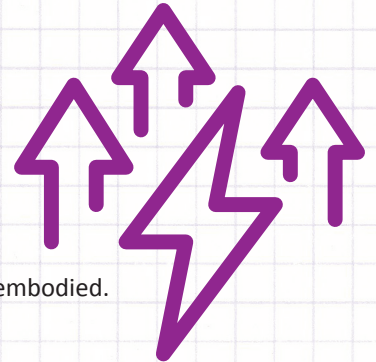
Name two things you can smell.

Name one thing you can taste.

Repeat as many times as necessary. When we practice grounding, we remain curious about our environment and our relationship with it. It reminds us we belong and helps us return to the present, full embodied.

*Tap into your five senses and notice what you are grateful for.*

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## MINDFUL MOVEMENT

Sometimes we need to move – literally! This is especially useful when it feels impossible to reframe our mindset or return to our intention. Movement helps. **The nature and intensity of mindful movement should be intentional.** That means moving in alignment with the breath, checking in and asking, "how is this making me feel?" Sometimes we are filled with adrenaline and we need some fast-paced movement to reduce the electrical charge in our bodies. Other times, we may feel too lethargic to move. Then, slower movement is best. Over time, movement can elicit the release of happy hormones (endorphins, dopamine, or serotonin). These hormones have the power to reveal brighter skies above. (Note, movement should feel good. It should be given to our bodies as a reward. We harm our bodies and minds when we punish ourselves with movement. Instead, we must move joyfully and with gratitude for all that our bodies are capable of.)

*What types of movement make you feel grateful for your body?*

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## LOVING-KINDNESS MEDITATION

We set an intention of love and kindness with the Buddhist practice of Metta, or loving-kindness meditation.

To begin, we repeat the following (adapted from the Buddhist tradition):

May I be happy, peaceful, and free from suffering.

May my loved ones be happy, peaceful, and free from suffering.

May everyone be happy, peaceful, and free from suffering.

It sounds simple. However, to truly receive the full benefits of the practice it is important to fully immerse ourselves in each step. We start with ourselves in order to fill ourselves with love and peace so that we may give freely to others. Then, we send that energy towards our loved ones, and finally to the world.

*Who needs the most love and healing today? (It might be you.)*

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