

BUILDING OUR BUNDLE

WEEK 4 MINDFULNESS PRACTICE: OPENING OUR HEARTS

Mindfulness is a great skill to help us regulate our emotions and thoughts and to help keep ourselves in the present moment. Take a few moments to read through this mindfulness exercise. Try to focus your attention on the present moment without judgement. When distracting thoughts or feelings come up, just notice them and let them pass, returning to the present moment again.

Sit in a position that is comfortable and respectful to you, please feel free to close your eyes if you would like.

Now that you are seated comfortably, take a few deep breaths. In and hold 1...2...3...out, In 1...2...3... out and In 1...2...3... out.

As you continue to breathe, begin to rub your palms together to create a little friction and heat.

Place one hand on your heart, and your other hand on top of that.

As you take deep breaths, start to notice your heartbeat, the rhythm, the speed. Imagine your hands are an extension of your heart. Your heartbeat flows to your fingertips, and as your hands rest on your heart you are connecting the energy.

Begin to slow your breath, as you inhale you shouldn't hear your breath come in. Focus on the cool air, hold 1...2...3... and as you release that breath focus on the warm air that is coming out of your lungs.

As you continue to breathe, think of one word, a mantra, a feeling. Hold that word in your mind. Maybe your word is love, connection or peace. But repeat that word in your mind as you breathe.

Breathe in deep, hold 1...2...3..., release. Continue to take long, slow deep breaths.

Take a few more deep breaths.

When you are ready, say your word aloud to yourself, and come back to the circle.



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