

Taking Steps Towards Mindful Moments

PAUSE, take a deep breath. **OBSERVE** the moment. Notice thoughts, emotions, or sensory experiences as they arise & fall.

AWARENESS

1

2

OPENNESS

With **CURIOSITY** explore what's happening in the moment. Allow distractive, impulsive, or reactive behavior to be an opportunity for learning & insight.

Take a moment to ground yourself. **CHECK IN**. Take a witness or observer's perspective. Ask yourself, is what I'm doing right now, in line with my values or motivation?

INTENTION

3

4

SELF SPEECH

Recognize patterns of speech that are hurtful. **DISRUPT SELF-CRITICISM** with **KINDNESS & COMPASSION**. Practice speaking to yourself in a supportive, as if from a mentor or to a great friend, kind of way.

CARING for **YOURSELF** is **ESSENTIAL** & a **PREVENTATIVE** measure for stress, anxiety, & overwhelm. **HOW** can you **PRIORITIZE** something that nourishes or reenergizes you? **WHAT** can you change or reduce that wastes time or drains you? Being efficient & getting things done is not possible if we're in burnout or have little to no emotional bandwidth.

SIMPLIFY

5

6

PROBLEM SOLVING

Slow down. Step out of urgent or crisis mode. Remind yourself of your purpose or intention. Take whatever time you need. **EXPLORE** creative ideas. **PLAN** for obstacles, list tools &/or strategies to help with those challenges. If you don't know yet...**EXPERIMENT**.

Believe & feel confident in your own ability to change & reach goals. Acknowledge both strengths & challenges. Know what realistic expectations are. Continue returning to present moment awareness with compassion, purpose & insight.

WISDOM

7



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MINDFULNESS MEDITATION PRACTICE & INSTRUCTION

*WHILE SITTING, WALKING, OR STANDING IN LINE.
PRACTICE FOR 2-5 MINUTES-DAILY*

THE PRACTICE:

PAY ATTENTION to the breath.

**Focus on the natural rhythm of breath inside the body,
coming & going.**

Tune into the sensations of breathing.

**Observe where you feel the breath most clearly...
the rising & falling of the shoulders, chest or belly,
the felt sense of the breath or air in the nostrils or through the lips.**

**Breathing in... you know you're breathing in.
Breathing out... you know you're breathing out.**

FURTHER INSTRUCTION DURING THE PRACTICE:

As they arise & fall,
notice any thoughts, emotions, or sensations in the body:
your to do list, a stressful situation with a family member, something you care deeply about in the news,
tension or pain in the body, a sound like your dog snoring...

Allow all of these thoughts, emotions, & sensory experiences to be part of the practice.

In fact, this IS the practice. Being with whatever IS.

Label thoughts as thoughts, label emotions as emotion, label sensations as sensations (smell, sound, etc.)
With caring awareness gently turn the mind back to the breath, each & every time you notice it wondering.

The more you notice your mind wondering, the more you have the opportunity to practice.

With compassion & kindness towards self...again, bring your attention back to the breath.

This is ALL meditation.

Meditation is NOT about having zero thoughts or calming the mind.
There is nothing to achieve during meditation. Let go of outcome or result.

Meditation IS using distractions, rumination, shiny objects, inner critic, or rabbit holes as a gentle
reminder to come back to the breath. The breath helps us connect with the body & the present moment.

