



AnxietyLab.org

3-4-5 Program Course

Muscle-Building Activity #2 Quieting the mind

Find a simple method to quiet the mind. Use it 4 days a week at minimum to train the brain how to stop nagging thinking. Do it every day if you can, morning and evening, preferably.

Your meditation method should be used at the end of the day and/or after intensive work or writing. It can be anything that quiets the mind and gets you to a more relaxed state of being.

This will enable the brain to stay regulated (or be re-regulated after a difficult time). It harmonizes the physical and mental energies so we feel more at ease.

Examples of activities that quiet the mind:

1. traditional meditation (sit still, do deep, slow breathing, say a mantra over and over)
2. non-traditional meditation (be still and quiet and visualize your happier life)
3. praying
4. physical exercise

5. hum a favorite song
6. long, hot bath in silence
7. nature walk (alone) in a safe quiet place you're comfortable in
8. read a literary classic (book)
9. play kindly with the dog or cat
10. do gardening
11. any creative project just for fun (paint or draw but with NO judgment or goal)
12. cultivate a houseplant inside
13. write a poem
14. write a gratitude list

How to do traditional meditation:

1. Find a quiet place to sit for 15 minutes
2. Sit comfortably but in a way that you won't fall asleep
3. Use a calming word ("mantra") and whisper it to yourself (or think it) once every 3 seconds. This is to stop other thoughts from intruding.
4. Notice that other thoughts will still be there. Know you can IGNORE THEM.
5. Let stray thoughts just float by without responding to them. (The mind never stops churning out thoughts. But we can ignore a lot of them once we learn how.)
6. Breath slow and steady and deep.

7. Allow God, your Higher Power, Nature or the Universe to give you insight or inspiration.

8. Allow the sense of connection to all eternity to flow into your consciousness.

In combination, this will regulate the brain and keep it calm. Then our thinking skills will improve and our ability to handle negative emotions will be stronger.