

Mindfulness Practices/Restoring Balance

Womenology Workshop – 4.22.21

William Wordsworth-

“With an eye made quiet by the power of harmony and the deep power of joy, we see into the life of things.”

Each practice can be used as a short meditation or when you're stress response is triggered.

Practice #1

Breath Awareness – Begin by noticing what the body feels like, from the inside. Feel the sensations of the heart beating (pounding) more quickly or strongly. The breath may be strained or tight.

Turn your attention to the breath by inhaling deeply, slowly through your nose to a count of three or four. Hold it for one moment at the top before releasing the exhale to a slow count of five. If you are alone and it is safe to do so, make the exhalation audible. Really blow the air out until the belly is soft. If available to you, pause for a brief moment before beginning the next breath.

This type of focused breathing may take several minutes to begin to notice the stress response downshifting. Take your time, be kind to yourself.

Practice #2

Grounding – This can be done standing or seated. If it feels comfortable to do so close your eyes. Sitting in a chair, allow it to support the weight of your body. Allow the breath to be intentionally deep throughout this exercise. Exhalations slightly longer than inhalations. Let the feet press firmly on the floor. Feel your feet touching the ground. Breathe deeply. Draw your attention to the sensation of the heels pressing against the floor, connecting with it. Then sense the balls of the feet resting on the floor. The arch may or may not be on the floor, notice that too. You're placing attention on the sensation of being connected with the earth. You are part of the earth and it is part of you.

You may also use your hands for this exercise. Feeling the sensations of your hands resting on your lap, noticing their contact with your legs or with each other. They are solidly in contact with you.

Practice #3

Self-compassion break – These are three steps to the self-compassion break, created by Kristin Neff. Use these phrases, or whatever phrases suit you best, as a way to bring calm with kindness toward yourself.

1. Acknowledging the pain - You may wish to repeat these phrases to yourself a few times. *This is a moment of suffering. Ouch.*

2. Connect with humanity -*This is part of being human. It's normal to feel pain sometimes. I am not alone in this feeling.*

3. Kindness, self-compassion -*May I treat myself with kindness. May I accept myself as I am. May I begin to accept myself as I am. May I be patient with myself.*

Lauren E. Rubin

www.dharmamumma.com