



ORGANIC THERAPY NETWORK

# MINDFUL MOMENT

A Mindful Moment for a Therapist

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Begin by finding a comfortable and quiet space where you can unwind and let go of the stress from your day. Sit or lie down in a position that feels most relaxing to you, and take a few deep breaths to settle into the present moment. As you breathe, allow yourself to acknowledge and honor the emotions that you're feeling.

Whether it's frustration, exhaustion, or any other difficult emotion, know that it's okay to feel this way.

Give yourself permission to fully experience these emotions without judgment or self-criticism.

Now, bring your attention to your body. Notice any areas of tension or discomfort that you may be holding onto. With each exhale, allow yourself to release any physical tension you're carrying, letting go of the weight of the day. As you continue to breathe deeply, bring your awareness to the present moment. Notice the sensations of your breath as it moves in and out of your body. Feel the rise and fall of your chest, the expansion and contraction of your lungs. With each breath, imagine yourself letting go of the events of the day, releasing them into the universe to be transformed and transmuted. Visualize any negative energy being washed away, leaving you feeling lighter and more at peace.

Now, gently shift your focus to gratitude. Take a moment to reflect on something positive that happened today, no matter how small. It could be a moment of connection with a client, a kind word from a colleague, or simply a beautiful sunset you witnessed on your way home. Allow yourself to savor this moment of gratitude, basking in the warmth and joy it brings to your heart. Know that even on the hardest days, there are still moments of beauty and light to be found. As you bring this practice to a close, take one final deep breath in, filling your lungs with fresh energy and vitality. Exhale slowly, feeling a sense of calm and peace wash over you.

Know that you have the strength and resilience to navigate the challenges of being a therapist, and that it's okay to take time for yourself to recharge and rejuvenate. May this mindfulness practice help you find peace and solace after a hard day, allowing you to rest and replenish your mind, body, and spirit.