






MINDFULNESS PRACTICE




Before you begin make sure to sit up straight, feet flat on floor.....no slouching . Chair is better than couch. Posture is important. You are about to train your brain.

STEP 1:



4 point breath to relax and prep the body for Mindfulness (warm up)

Imagine an empty balloon  in your belly which you are going to fill through your  nose (strong breath) and empty through your mouth (strong breath) 

LIKE THIS

Breath in for 4, Hold for 4, Breath out for 4, Hold for 4.  This will help you become calmer. If 4 is too long or short adjust to what feels comfortable 2,3,5 etc Do this 4 times.


STEP 2:


Body scan involves bringing your awareness or imagine a soft torchlight  shining on the top of your head, tip of nose, right ear, left ear, all the way down your body landing on different parts to the soles of your  feet.


Finally bring your awareness to the point of contact between your seating bones and the chair you are sitting on.

THE POINT is to get you really focused on the present moment, HERE and NOW.


STEP 3 : THE GAME / MINDFULNESS)


With eyes closed please bring your awareness to your breathing 


Notice the delicate movement of air at your nostrils as your breath in normally (no controlling) 


Notice the delicate movement of the air on your upper lip as you breath out 

Please begin to count this breath.

Inhale is 1 



Exhale is 2 


Inhale is 3 

and so on until 10 . Then, Start all over again for a pre-set time  The timer is set AFTER body scan.


20 mins before breakfast  and before dinner  is ideal and will show results with continued practice e.g. less anxiety, more resilience, calmness, greater focus .

However start small perhaps 5 mins twice a day for a week or so and build up.

You can alternatively focus on your breath by noting the rise and fall of the chest / tummy area   using the phrase(silently) Rising, Falling with the movement.

I recommend the Chest/ Tummy if you are feeling very overwhelmed and anxious. However it often settles on what feels right for you 

DISTRACTIONS AND WHAT TO DO:

There are only 3 kinds of distractions and you become the witness/ watcher of them all.

* THOUGHTS: 

If you find yourself distracted by thoughts/ daydreaming/ fantasy etc
e.g.
This is not working!

I think this is a waste of time!


I need to look at my phone!


You simply

Note it ,


Label it THINKING

Return to counting your breath or Rising, Falling phrase depending on which you chose to use.

*FEELINGS: 

Feelings handled as above ... Note  and Label but this time it works better if you can NAME the feeling
e.g. restless, bored, anxious
Then Return to your counting/ phrase.

*OUTER DISTRACTIONS :   

E.g. dog barking, car alarm, TV, loud voices are Noted  and Labelled as what they are i.e. dog barking!
and return to your counting/ phrase.

You will be distracted.... A LOT 🤔 This is actually normal/ good as it allows you to practise a lot of Noting (witnessing) , Labelling and Returning to your counting of breath or phrase Rising, Falling of chest tummy. This is the Work, the Practise.

Just like in a gym you must practice regularly to build strong muscles 💪 It's the same with Mindfulness. You must practise regularly/daily to build a strong, resilient brain muscle 🤔.

I hope this helps! Too many emojis perhaps 😁

Best,

Ms. Carty 😊 any Q's just connect on my school email viviennearty@cpckilcullen.com