Mindful Living Strategies

Building resiliency one breath, one person, one community at a time.

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Mindful Observation:

1. 5-4-3-2-1 Sensing: Engage each of the senses.
2. Open/Informal Monitoring: Notice everything in your consciousness.
3. Focused Attention: Maintain focus on particular target.
4. Body Scans: Notice body sensations from top to bottom.
5. Wheel of Awareness: Dan Siegel's 8 Senses Meditation
6. Balancing Peacock Feather: Balance and focus.
7. Glitter Bottles: Watch the glitter settle and notice thoughts.

Mindful Postures:

1. Sitting: Elongate spin, tuck chin, feet on ground.
2. Standing: Feet shoulder width apart, knees bent, tailbone tucked, spine elongated, fingers extended.
3. Crane Dancing: Balance on one leg, same arm down, opposite arm up, elbows slightly bent, palms to sky and ground.
4. Embracing the One: Holding arms circularly, develops sense of boundaries and energy.

Mindful Movements:

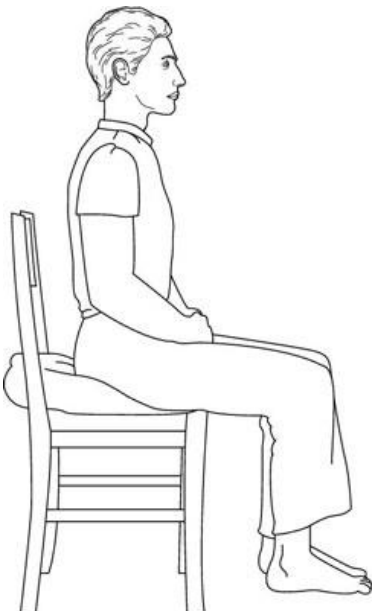
1. Tai Chi: Based in Chinese culture, a slow motion martial art.
2. Qigong: Movements with breath control and intention.
3. Yoga: Breath control, meditation, and postures.
4. Martial Arts: Cultural variety, mindful movements, used for self-defense, and sparring.
5. Mindful Walking: Slow, intentional, and focused.
6. Cross Laterals/Body Gym/Me Moves: Cross the body to connect bilateral sides of brain, integrating motor, sensory, and cognitive functions.
7. Circulation Minute: Hourly, stand up and move for 1 minute.

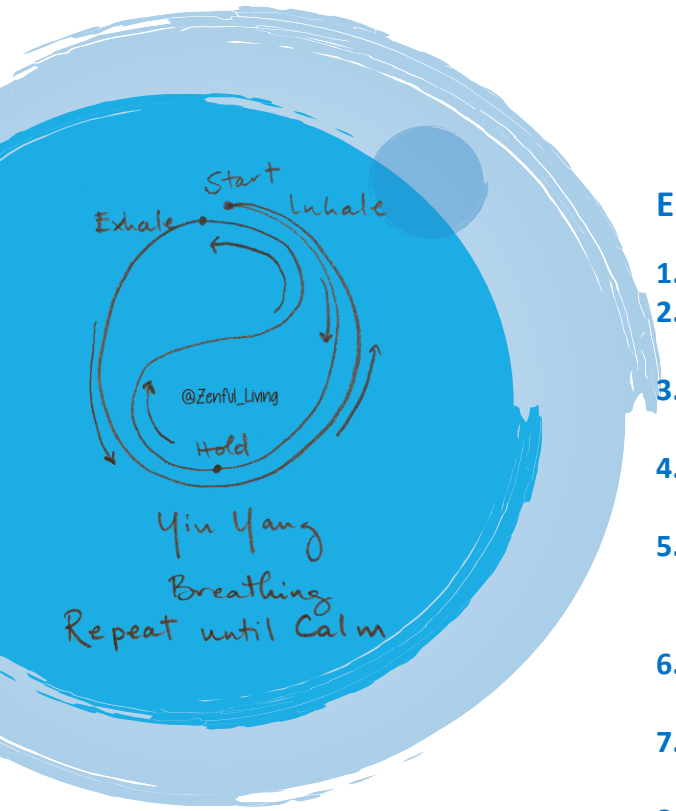
Mindful Eating:

1. Raisin: Google script to read or audio to play.
2. Meals: Magnify all senses, slow, and mindful.
3. Delicacies: Notice senses, feelings, memories.

Mindful Breathing:

1. Abdominal Breathing: Breath to naval and two inches deep.
2. 4-7-8 Breathing + Tapping: Inhale 4, hold 7, exhale 8, repeat x4. Add tapping at clavicle for 4, pat heart 7, short quick exhales for 8 “bump breath”.
3. Star, Square, Triangle, Lazy 8 Breathing: Trace shapes matching breath with side, hold, and exhale.
4. 3 Deep Breaths: Focus inward.
5. One Breath One Smile: Inhale, recall joy, exhale.
6. Mixing Fire & Water: Inhale water to heart, hold, exhale fire down to naval. Creates energy steam to cleanse body.
7. Shooting the Bow: Inhale to heart, exhale with sword fingers grief and sadness.
8. Support Heaven and Earth: Inhale to heart, hands separate skyward and to ground. Balance energies, grounding.
9. Punch with Fierce Eyes: Inhale hands to sides, elbows bent, punch with eyes wide, exhale anger, and gather green energy from front to back. Repeat on other side.
10. Eagle Breathing: Inhale arms up, bend knees, exhale straighten legs and arms release down.
11. Turtle Breathing: On the floor knees bent, Inhale hiding eyes with hands, exhale, hands on ground, push up, looking around and saying what you see.
12. Balloon Breathing: Inhale hands come together in front of face, exhale hands expand holding balloon.
13. Elephant Breathing: Hands clasp together to make a trunk. Inhale trunk swings to one side, exhale trunk swings to the other side.
14. Toe Breathing: Inhale and exhale from the toes.
15. Finger Breathing: Inhale up and down the fingers.
16. Finger Holds: Holding a finger according to emotion.
17. Heart Math: Heart centered breathing joy.
18. Yin Yang Breathing: Match the breath with the shape moving hand or arm as wide as you wish to include whole body.



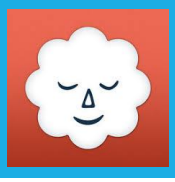


Energy Psychology:

1. EFT & Tapping: Tap to script to release emotions.
2. Resources for Resilience from Association for Comprehensive Energy Psychology: Strategies to calm body and mind.
3. Core Transformation Process: A mindful process to find core states of being.
4. Acupressure: Simple pressure to relieve physical and emotional pain.
5. Lesser & Greater Heavenly Circulations: Meditate on the circuit of energy up the spine and down the front of the body. Expand to legs.
6. Inner Smile: Use smiling energy, circulate it around the body to balance emotions and cultivate well-being.
7. Hand Mudras: Directs particular types of energy during meditation through the body.
8. Hand on Heart: Recall a memoriy of safety or joy.

Positive Psychology:

1. Heart Gratitude Moment: Inhale gratitude to heart.
2. Gratitude Lists: Make a list, keep a journal, use an app.
3. Mindful Journaling: Daily, emotional reflections, try at home or at work.
4. Mindful Intentions Meditation: 5 minute planning. 1-meditate, 2-4 list daily tasks, 5-prioritize one task. Mindfully return to that one task until it is complete. Give yourself grace when it isn't done due to immediate prioritizations.
5. The Artist's Way: Self-Discovery writing process, very powerful and creates change.
6. Humor Breaks: Take a moment to laugh
7. Grace: Allow yourself to receive self-grace as easily as you give grace to others.
8. Positive Affirmations: Write, repeat internally, post-it notes.
9. Self-Care Practice: Cultivate feelings of care for yourself, closing eyes, gazing inward, repeat, "May I enjoy well-being, happiness, and peace." Change words as you wish.
10. Caring for the Other: Cultivate feelings of care for others, closing eyes, gazing inward, repeat, "May you enjoy well-being, happiness, and peace." Start with neutral other, then someone challenging that may bring feelings of irritability or



strong negative emotions. Offer friendliness you did for others. Change words as you wish.

11. Daily-Weekly-Monthly Self-Care Assessments: Reassess you Action Plan and adjust as needed.

Mindful Apps

1. Gratitude
2. Stop, Breath, Think
3. Head Space
4. The Tapping Solution
5. Happify
6. Calm
7. My Calm Beat
8. Gratitude 365
9. Insight Timer
10. Mindshift
11. Unstuck
12. Smiling Mind

If it's not the path of the heart, it's not the path. -Chinese Proverb