# Mindfulness Survival Kit



### **Mindfulness Survival Kit**

- Seat & Feet
- 6 Breaths
- 'What's Important Now?'
- One-breath Brake



## Seat & Feet

- Drop your attention to your feet
- Don't visualise notice!
- Simply notice any sensations in the toes or feet – hot, cold, tingling – just notice
- Feel the feet in contact with the ground
- Now bring your attention to your 'seat'
- Notice where your behind is in contact with the chair
- Notice any sensation in your seat or legs
- Be aware of your clothing in contact with your thighs and legs



## 6 Breaths

- 'Find your feet'
- Deep breath and 'sighed exhale'
- Normal pace
  - In for 4
  - Hold for 7 (or what's comfortable)
  - Out for 8 blowing out through the mouth (with a "whoosh" sound)
- Repeat 6 times
- Pay attention to the breath going in, holding and going out



## 'What's Important Now?'

- One slow mindful breath
- Relax your body 'just let go'
- Ask: 'what's important now?' (and pause)
- Repeat until you feel your next best step emerge







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