

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



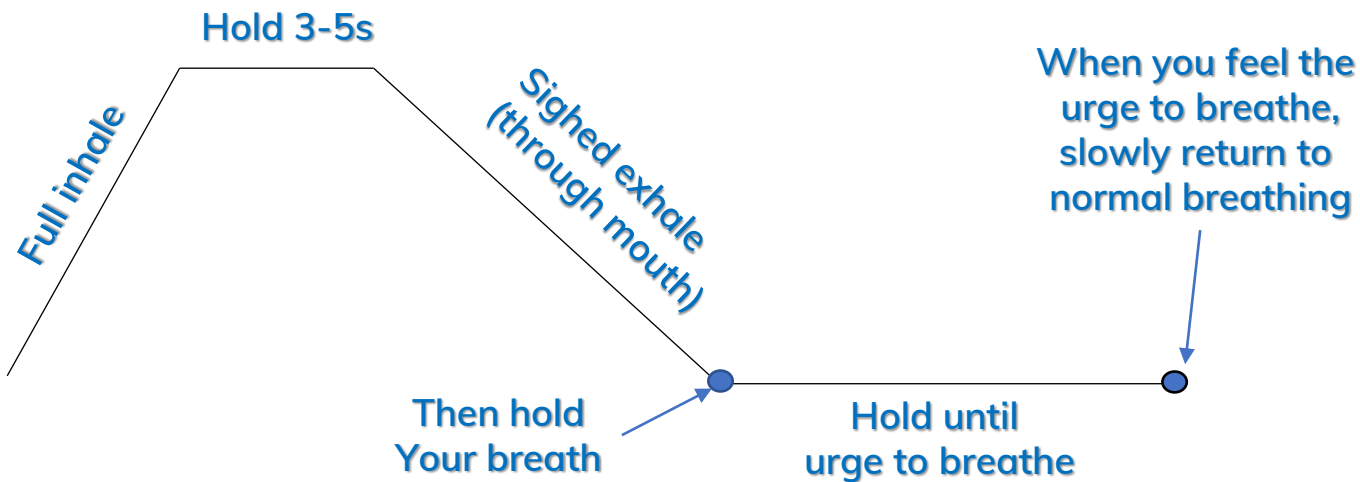
‘What’s Important Now?’

- 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



'One-Breath Brake'



Breaking the current breathing rhythm,
changes the current state



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