

THEARTOFGOINGGRAY

Where women over 50 get strong & healthy.

3 Suggestions For Creating A Simple Mindfulness Practice.

A simple mindfulness practice can be as easy as learning to breathe deeply during times of stress. Let's take a look at a few options.

Breathing:

Stop what you're doing and take a deep breath. When life gets crazy, and it always will, focus on just breathing deeply for 30-60 seconds. Or better yet, get in the habit of taking breathing breaks throughout your day, maybe before meals, at bedtime, in the shower, on a walk. You get the idea.

Body Scan:

When you have a little more time, you can add this to your breathing. As you breathe, check in with your physical self. Start at the head and work down to your toes, becoming aware of your body and how it feels. No need to DO anything, just listen to what your body is telling you.

Gentle, Restorative Movement:

Any movement that puts you 'in the moment' allows you to slowly and gently move through the world, is perfect. For people who have a hard time being still, this works well. Walking, gentle stretches, restorative yoga or Pilates, and even dancing to some relaxing music are helpful.

Which one appeals to you? Or is there another way you might be able to really slow down your mind and body.

You can use the included worksheet to help you come up with a plan to create and implement a simple practice.

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What Kind of Mindfulness Practice Will You Create?

When you spend a little time thinking and writing it out, you'll find lots of places in your life where you can take a breathing break.

1. Do you prefer to sit quietly or move? Consider your preference and write it below. Maybe sitting is uncomfortable, perhaps you sit all day so would like to move. What is your preferred way to take a moment's break?

2. Is your life extremely busy? Where can you find a few spare moments to breathe? Write them below. Are you in the car a lot? Do you work full time? You can learn to breathe mindfully while stopped at a traffic light or in a traffic jam. At work, take a few moments before lunch to breathe or start to take a short walk during your breaks.

3. What things do you like to do that help you to relax? Write them below. Do you sew, knit, dance, bake, cook, run, hike, swim, play an instrument, etc. Think about the activities you love, that help you to relax and incorporate them into your life more deliberately.

Use all the idea you've come up with to describe the elements of YOUR mindfulness practice.
