

1. Starting the Day Right — 5-4-3-2-1 Awareness Technique

Breathe deeply and think to yourself:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

2. Calming Yourself in a Stressful Moment — Self-Guided Meditation

- 1. Find a relaxing, comfortable position.** You could be seated on a chair or on the floor on a cushion. Keep your back upright, but not too tight. Hands resting on your knees with your palms facing up or wherever they're comfortable.
- 2. Notice and relax your body.** Try to notice the shape of your body, its weight. Let yourself relax here—the sensations your body experiences, the touch, the connection with the floor or the chair. Moving from the crown of your head to your toes, relax any areas of tightness or tension. Just breathe.
- 3. Tune into your breath.** Feel the natural flow of breath—in, out. You don't need to do anything to your breath. Not long, not short, just natural. Notice where you feel your breath in your body. It might be in your abdomen. It may be in your chest or throat or in your nostrils. See if you can feel the sensations of breath, rising from your abdomen to the crown of your head and back down. Observe where one breath ends, and the next breath begins.
- 4. Be kind to your wandering mind.** Now as you do this, you might notice that your mind may start to wander. You may start thinking about other things. If this happens, it is not a problem. It's very natural. Just notice that your mind has wandered. You can say "thinking" or "wandering" in your head softly. And then gently redirect your attention right back to the breathing.
- 5. Stay here for 5 to 7 minutes.** Notice your breath, in silence. From time to time, you'll get lost in thought, then return to your breath.
- 6. Check in before you check out.** After a few minutes, once again notice your body, your whole body, seated here. Let yourself relax even more deeply and then offer yourself some appreciation for doing this practice today.

3. Mindfulness and Meditation for Sleep — 4-7-8 Breathing Technique

1. Exhale completely through your mouth, making a whoosh sound.
2. Close your mouth and inhale quietly through your nose to a mental count of four.
3. Hold your breath for a count of seven.
4. Exhale completely through your mouth, making a whoosh sound to a count of eight.
5. This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.