

Guided Relaxation:

mindfulness meditation
guided breathing
& more to help you feel
grounded

"Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won't)." -James Baraz

Brief Meditation:

- Put your hand on your stomach (breathe with your diaphragm).
- Gently close your eyes, relax your jaw, drop your shoulders.
- Notice where else in your body you might be tense, and relax those areas.
- Breathe in from your diaphragm.
- Feel your hand rise as your lungs fill with air.
- Imagine that you are breathing in relaxation and allowing the oxygen to circulate throughout your body.
- Release the breath; imagine that you are breathing out all of the tension and stress in your body.
- Continue breathing like this for the next few minutes.
- As you're breathing out, let go of all the demands and pressures of the day and turn your attention inward.
- Notice how you are feeling right now.
- What thoughts are coming up for you?
- What sensations are you feeling in your body?
- Notice all these without judgement.
- As you continue to relax, appreciate the effort you took today in seeking out this guided meditation.
- Ask yourself "What is my intention for myself today?"
- Perhaps this intention is in the form of a word, a phrase, or even an image.
- Focus on this intention.
- Prepare to return to your surroundings
- Slowly open your eyes and bring this awareness with you back to the present moment.

The 7 Attitudes of Mindfulness

1. **Non-judging:** Cultivating the stance of being an impartial witness to whatever we are experiencing; breaking out of the habitual categorizing and judging of experiences which locks us into automatic reactions
2. **Patience:** A type of wisdom; recognizing that, at times, things must unfold at their own pace; letting go of the tendency to be impatient with ourselves and our lives
3. **Beginner's Mind:** Coming to each experience as if for the first time; freeing ourselves from preconceptions and biases so that we may see things in a new light and perceive the possibilities
4. **Trust:** Learning to have faith in ourselves and our own intuition; honoring our own feelings, our native wisdom; following our own path, not imitating someone else
5. **Non-striving:** Non-doing, with the intention of creating space for simply being who we are; being with what is already here; realizing that, in meditation, the best way to achieve our goals is to back off from striving and focus on seeing and accepting things as they are, in the moment.
6. **Acceptance:** Seeing and accepting things as they really are in the present, which reduces the energy drained by denying, suppressing, or resisting what is already there, thus freeing and focusing our energies for positive change
7. **Letting go:** Non-attachment; letting go of our investment in particular thoughts, feelings, and experiences; not elevating one thing (trying to prolong or recreate the pleasant: while rejecting another (trying to get rid of the unpleasant), but accepting whatever is here in the moment

Quick Grounding Techniques

- Take a quick walk around the building you're in - this gives you a change of scenery, fresh air and a small release of endorphins. If you can't leave, take a walk to the bathroom to move your body. Use the restroom to take a few deep breaths in private or to splash some cold water on your face.
- Set intentions for after work/class/meeting. Have your favorite meal for dinner, go to bed by 11:00, drink a glass of water, text your best friend to tell them you love them!
- Count each breath you take (try to make it to 60).
- Place your hand on your chest and count each heart beat (try to make it to 30).
- Place your feet firmly on the ground, notice and name all the sensations from your head to each toe.
- Notice your surroundings, find 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste.

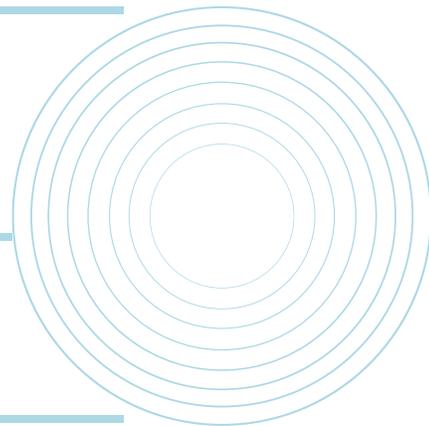
Did you know...?

Our colleagues at CAPS have a lot of free audio recordings to help guide you in deep breathing, muscle relaxation, meditation and more. Access them here:

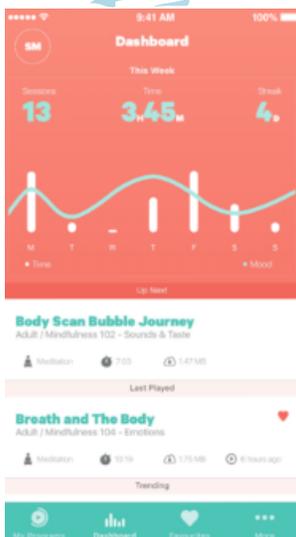
tinyurl.com/capscalm

Our colleagues at Dartmouth University also have a lot of great audio resources available here:

tinyurl.com/dartmouthcalm



Mindful tech



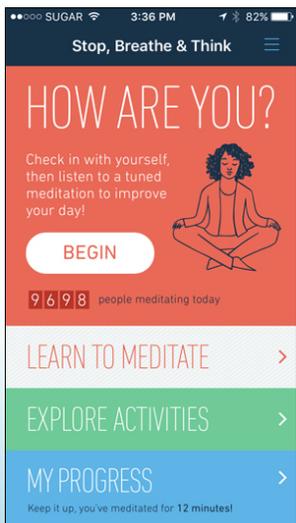
Smiling Mind

Hundreds of meditations organized into structured programs like Mindful Foundations, Sleep, Relationships, and Workplace.



UCLA Mindful

Developed by the Mindful Awareness Research Center at UCLA, the app features about a dozen meditations of different types in English and Spanish.



Stop, Breathe & Think

This app will recommend meditations, mindful walks, and even acupressure videos tailored to how you feel in the moment.



Insight Timer

Over 25,000 guided meditations from around 3,000 teachers on topics like stress, relationships, creativity, and more.