



## Quick Mindfulness

Create a sensate friendly environment. Notice lighting, scent, location of your seating. Sit somewhere stable and comforting. Consider whether you need a taste of something sweet or something that has an enjoyable texture.

Engage the “Cook’s Hook Up.” This physically activates the calming process. To do this:

- Extend your arms straight in front of you.
- Cross your wrists one over the other. Put your palms together and clench your palms into a fist.
- Pull your clenched hands in towards your chest by dipping your clenched hands downward and bringing it to your chest.
- Let your clenched hands rest on to your chest. This method is used as a treatment for neurobiological disorganization to help achieve brain balance.

Now, be aware of the middle of your body and exhale completely.

When you’re ready, inhale through your nose with the tip of your tongue touching the roof of your mouth just behind your teeth.

Exhale out of your mouth through pursed lips or exhale making the AAHHH sound by raising the back of your tongue. The goal here is to trap some of the exhaled air in your upper chest. These techniques send a comforting sensation into the middle of the body. It also helps with oxygen retention in the brain.

As you inhale again through your nose, fill the bottom of your lungs. Allow your diaphragm to move outward, as if you were filling a balloon in your stomach.

When you're ready, exhale and release your hands onto your lap. Drop your shoulders, elbows and wrists. See your chest widening and expanding.

Imagine that roots are growing down from your body down to the floor beneath you. Notice your spine as it rests into your seating area (couch, chair). Notice the stability of the seating. If your legs are on a leg rest, notice the leg rest supporting the weight of your legs. If not, notice your feet rooted to the stable floor beneath them.

Notice that your body is functional. Notice your heart beating. Your lungs exchange oxygen for CO<sub>2</sub>. You can swallow. You can tighten the muscles around your eyes. You can move your hands and feet.

Imagine now that there is a balloon in front of you. Exhale any and all negativity and burden into that balloon. Keep exhaling until your body is lighter. Just a gentle reminder—releasing tension enhances your here-and-now thinking. The more you allow your body to sink into your seating area, the more brain function and inner control you are gaining.

Now, draw your breath in through the bottom of your feet. Imagine that your breath is cleaning every cell, as you draw the oxygen up towards your lungs. And then, exhale into the balloon in front of you.

Now, breathe in a color that's clean and light through the top of your head. Bring this color down through your head to the bottom of your lungs. Release the old air in the bottom of your lungs, as you exhale it into the balloon in front of you.

While breathing in through the bottom of your feet and the top of your head, consider inhaling for a count of 4; holding for a count of 1; and exhaling for a count of 5-10. Drop your shoulders, elbows and wrists down to the floor. Notice your torso feeling light and loose.

Alternate between breathing in through the bottom of your feet and the top of your head. Remember the 4-1-5 (through 10) breathing method. Do this alternation 2 times or as much as you need to feel present. Consider setting a timer here and slowly work up to five minutes, starting at 45 seconds.

When you're ready, allow the balloon to ascend far and away from you into the sky. With every heartbeat, it floats further away.

When you're ready, allow a light—any color you choose—to surround you. Let it act as a full body buffer against the challenges of the day. Let it remind you of the calm mind and body you have achieved. Remember, that you are more in control the more centered you feel. It is your birthright to feel centered. Allow the phrase to echo within: "It is my birthright to feel centered."

Go ahead and slowly wiggle toes and fingers. Notice your back bone along the back of your seat. Slowly open your eyes. Notice the furthest location and slowly bring your gaze towards your lap. Well done!



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