

Counselor's Corner
Calming & Mindfulness Strategies
4/6/2022

Mindful Minute Exercises:

- Mindful Wakeup- start with a purpose-<https://www.mindful.org/take-a-mindful-moment-5-simple-practices-for-daily-life/>
- Mindful Workout- <https://www.mindful.org/take-a-mindful-moment-5-simple-practices-for-daily-life/>
- Awaken with Gratitude- look for the positive rather than focusing on the challenges and frustrations. Focus on that particular feeling of gratitude and you will begin to feel it each day.
- Mindful Body Scan- The simplest way to get in touch with how you're feeling is to do a mindful body scan. A body scan is a meditative practice in which you focus on each part of every area, often beginning at the toes and moving to the head. The key here is to train your attention on each specific part for a moment and pay close attention to how you feel.
- Morning Breathing Exercise- focused breathing even for ten minutes a day reduces stress and promotes relaxation. Slow, deep, rhythmic breathing causes a reflex stimulation of the parasympathetic nervous system, which results in a reduction in the heart rate and relaxation of the muscles.
- Notice your thoughts If you allow negative thoughts to run rampant first thing in the morning, you lose the best time for creativity and productivity. Many people wake up feeling anxious and filled with dread, as the cycle of rumination and negative thinking begin the minute their feet hit the floor. If you allow negative thoughts to run rampant first thing in the morning, you lose the best time for creativity and productivity. Many people wake up feeling anxious and filled with dread, as the cycle of rumination and negative thinking begins the minute their feet hit the floor. Once you're aware of this bad habit, you can begin to change it by adopting a very simple new habit—observation. When you separate yourself from your thoughts and simply notice them with detachment, you remove some of the power they have over your emotions.
- Write in a journal- write about anything and everything that comes to your mind. It's a way to liberate your mind from the mental chatter that can set your morning off to a negative or anxious start.

- Set a daily intention- I intend to _____
- Define Three Daily Goals- make a simple and narrow list rather than an overwhelming list of chores to do.
- Recite Positive Affirmations- positive phrases that you repeat to yourself, describing who and how you want to be, using the present tense, as though the outcome has already occurred.
- Declutter one space- as you reclaim control over your stuff, you'll feel better about yourself and have more positive energy. Make a habit of simply organizing one space for ten minutes every day
- Stand, Stretch, and Get Moving- sitting all day and working can tune out the needs of your body. Standing and stretching is like pushing to reset button on your body.
- Take a Music Break- take a break to actively listen to your favorite song and this will help a more positive and constructive mood.
- Try some coloring- coloring is actually a way to practice mindfulness directly. It takes full focus. You need to slow down and think about what you are working on, getting other things out of your mind.
- Engage in handwork-Handwork is any kind of work or hobby that involves using your hands and some level of concentration. A few examples of handwork might be knitting, needlework, embroidery, weaving, crochet, beading, origami, mosaic art, wirework, whittling, soap carving, quilting, bookmaking, and calligraphy.

Calming Strategies:

- Notice 5 things you can touch
- Paint with watercolors
- Use a relaxation app
- Cook or bake
- Express your feelings to someone using an I-statement
- Make your day's schedule
- Ask yourself- "What do I need right now? "
- Make a list of choices
- Organize something
- Play a card game
- Sit and relax all your muscles

Apps:

- Headspace: Meditation & Sleep
- Aura: Sleep & Mindfulness
- Breathe
- Calm
- Dreamy Kid
- KidsYogaDeck
- Breathing Bubbles
- Smiling Mind
- SuperStretch Yoga
- Relax Melodies