

THE MINI MINDFULNESS BREAK CHALLENGE



Steps to Bolster your Resilience and to Enhance your Focus and Awareness.

Start your day the right way

We release stress hormones within minutes after waking so take ONE minute for a few mindful breaths before your head lifts off the pillow in the morning. Pay attention to your breath and let the thoughts that come up pass by you.

Stretch with Awareness

When you get out of bed take a moment to inhale with awareness ... stretch your arms up over your head and exhale with a deep breath as you bring your arms back down to heart centre. Think of 3 thoughts. Think of something you are grateful for... something bothersome you are willing to let go and then about what you are focused on that day. This will set YOUR intention for the day.

Kick Start your digestive tract

Your body can get dehydrated through the night so give it the lift it needs by having a glass of water (you can also add a squeeze of lemon) before you eat any breakfast. Pay attention to the food you take in for those first few bites and chew slowly. Take your time ... your stomach doesn't have teeth.

Boost your Brain

When you get to work or before you open your email or answer a text message, do your best to create a quiet space and take ONE minute to take some mindful breaths. In a seated position... assume a relaxed but alert posture with hands on your thighs and feet grounded on the floor. Take deep breaths. Notice your inhalation and exhalation with each breath. Notice your thoughts going by you as if you were standing on the street corner watching cars go by. Those are your thoughts going by. Gently bring your attention back to your breath.

Brain needs a break

In order for our brain to function optimally our brain needs a break every 90 minutes to 2 hours. Our instinct is to reach for caffeine, sugar or carbohydrate. Instead...get up and move. Roll out your shoulders and relax your arms and hands. Stress can drip right out of your fingertips. Be conscious of moving your shoulder blades back. With relaxed attention breathe in for 4 counts and exhale for 7 counts.

Commute home

Take 5 minutes on your commute to let go of the day by taking some mindful breaths with relaxed attention. Turn off the radio or music. Just be. Roll out your neck and shoulders. Bring your attention back to your breath as you let any thoughts that come to mind just go by. If your mind wanders bring it back to your breath gently with patience.

End your day

Set yourself up for success with sleep by turning it off and tuning it out. Take an awareness stretch and think about ONE THING that lifted you up during the day. You will bolster your positive neural pathway when you focus on what that positive experience felt like. What we think about before bed we marinate in for the next 7 – 8 hours. Make it positive.

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Meg Soper

Aim to have 5 or 6 MMBs spread through your day. Try it for 14 days and see if you notice a change.

Mindfulness

Is all about developing a clear mind.

It is a way to connect with your body and calm your autonomic nervous system.

Mindfulness is a process. It takes small steps to get there.

Incorporate short 1- 2 minute MMBs through your busy day to give your "Brain a Boost".

What are you doing for your mind today? Get those Blades Back and do a 'Mental Push Up'.

Train Your Brain

Neuroscience shows we can actually train our brain to be better focused.

We have the capability to tap into a quiet state of mind in a world of busyness and constant change.

We have the power to choose to be present.

Add A TAB

'Take a Breath' when you feel stressed, overwhelmed, anxious or agitated.

Bring attention to your breath – acknowledge any thought or emotion – Be curious without being judgmental and gently bring your attention back to your breath.

Notice the 'Moment'

Be on the lookout for 'Moments' or positive experiences that lift you up. Pay attention to the feeling that accompanies that moment.

Stay with that feeling... pay attention and hold on to the feeling for an extra 20 - 30 seconds.

The more we lengthen the positive experience... The longer those positive neurons are firing. When the positive neurons are firing... They are rewiring. Gratitude and recognizing what lifts us up will strengthen our positive neural pathways!