

Meditation and Mindfulness

“Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things”.

1. **In Brief:** Meditation helps with **lowering stress levels** but also **improves cognitive functioning**.
Research has shown that meditation renew the grey matter in the brain, slow down aging and helps us to stay shaper.
2. **Meditation/Mindfulness Apps**
Waking Up: Beyond Meditation – Apps on Google Play
3. **Some Topics in Meditation/Mindfulness App**
 - 3.1 **Navigating Relationships Difficulty**
 - 3.2 **The Art of Saying No**
 - 3.3 **Facing Regret**
 - 3.4 **Solving the Procrastination Puzzle**
 - 3.5 **Walking Meditation**
 - 3.6 **Meditation in Nature**
 - 3.7 **Everyday Mindfulness**
 - 3.8 **Guided Meditation – Meditating in Nature, Emotional Opposites, ..**
 - 3.9 **Meditation for children**

https://dynamic.wakingup.com/course/CO1FE2B?source=content%20share&share_id=FA1C4EC9&pack=pkf46d0

4. **A script/ Affirmations/Verses/Words**

Study or meditate on verses or words. Write down encouraging words. Use notes on your phone or keep it on a paper in your purse.

5. **Diaphragmatic Breathing**

- Sit or in a comfortable position with your feet on the ground.
- Place one hand on your chest and one hand on your abdomen.
- Inhale through your nose for 4 counts, while focusing on expanding your abdomen.
- Hold your breath for 2 counts.
- Exhale through your mouth for 8 counts.

6. **Butterfly technique**

7. Self-soothing exercises

A way to remember these skills is to think of soothing each of your **FIVE SENSES**

- **With VISION:**
Buy one beautiful flower, make one space in a room pretty, light a candle and watch the flame. Set a pretty place at the table, using your best things for a meal. Go to a museum with beautiful art. Go sit in the lobby of a beautiful old hotel. Look at nature around you. Go out in the middle of the night and watch the stars. Walk in a pretty part of the town. Fix your nails so they look pretty. Look at beautiful pictures in a book. Go to a ballet or other dance performance, or watch one on TV. Be mindful of each sight that passes in front of you, not lingering on any.
- **With HEARING:**
Listen to beautiful or soothing music, or to invigorating and exciting music. Pay attention to sounds of nature like waves, birds, rainfall, rustling leaves. Sing your favorite songs, hum a soothing tune, learn to play an instrument.
- **With SMELL:**
Use your favorite perfume or lotions, or try them on in the store, spray fragrance in the air, light a scented candle. Put lemon oil on your furniture. Put potpourris in a bowl in your room. Boil cinnamon, bake cookies, cake or bread. Smell the roses. Walk in a wooded area and mindfully breathe in the fresh smells of nature.
- **With TASTE:**
Have a good meal, have a favorite soothing drink, such as herbal tea.
- **With TOUCH:**
Experience whatever you are touching, notice that the touch is soothing. Take a bubble bath, put clean sheets on the bed, pet your dog or cat, soak your feet, put creamy lotion on your whole body. Put a cold compress on your forehead, sink into a really comfortable chair in a hotel lobby or in your home, put on experience whatever you are touching, notice that the touch is soothing.

5. Heart coherence exercise

- How do you feel? Define the feeling.
- Focus on your heart or chest area.
- While inhaling say "I am breathing-in calmness".
- When exhaling say "I am breathing-out "stress, anger or any of the above defined feelings".

6. Progressive Muscle Relaxation

Stress and anxiety cause muscular tension. Progressive Muscle Relaxation relieves tightness by tensing and releasing one muscle group at a time.

- Forehead – wrinkle into a deep frown and relax.
- Eyes – close your eyes tightly and relax.
- Cheeks and jaws – smile as widely as you can and relax.
- Mouth – press your lips together tightly and relax.
- Back Neck -press your neck back against your chair or hand and relax.
- Front of neck – touch your chin to your chest and relax.
- Shoulders Raise them to your ears and relax.
- Back – Arch your back up and away from the chair and relax.
- Stomach – pull your stomach in and relax.
- Hands – make a fist and relax.
- Wrists and forearms – Extend and bend your hands back at the wrists.
- Lower legs – point your toes and relax.

7. Tapping exercises (resource:<https://rtt.com/eft-tapping-for-anxiety>)

Step 1: Identify the problem (anxiety, stress, overthinking, anger, loneliness..)

This step involves identifying the problem. It is important to only focus on one problem at a time since this will improve your tapping session's success.

Step 2: Rate the intensity

Rate your anxiety on a scale from 1 to 10, where 10 is the worst feeling of anxiety.

For instance, if you rate your anxiety at an 8 out of 10 right now but a 4 out of 10 after tapping therapy, you will know that this technique works for you. From

there, you can use it throughout your life to help you cope and manage your anxiety/stress/depression.. and its symptoms.

Step 3: Set-up

This is where you determine what your specific phrase throughout the process will be. You can also use a few different phrases during one session of tapping.

The phrases you choose are meant to help you acknowledge the problem, feel the emotions in your body, and name these emotions. It should help you choose to relax and accept these emotions, as well as yourself. From there, you can let these emotions go.

You can work with phrases such as “I am feeling anxiety in my body,” “It is so difficult to relax,” “I am choosing to let go of these anxious feelings and sensations in my body,” “I am choosing to relax and feel calm and peaceful.”

If you are unsure as to what the phrases should be, use this one: “Even though I have this [issue or concern], I deeply and completely accept me.”

This statement will help you tune into your feelings and emotions as you perform the tapping technique. It will also help you stay present in the moment, which is necessary to help reduce your anxious feelings.

Step 4: The tapping sequence

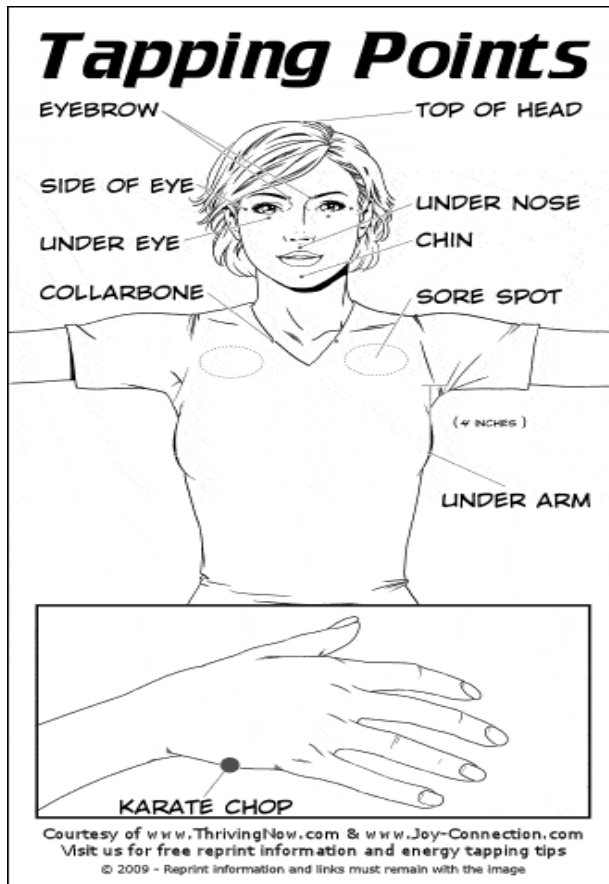
Now, it is time to start tapping. This involves going through all of the nine tapping points. You want to tap each tapping point between five to seven times.

As you tap, repeat your specific phrase or phrases you created in step 3.

Begin your tapping sequence by doing the following:

- Start by tapping the karate chop point (on the side of your hand) with four fingers. You may choose to switch hands or stick to one hand. Do what feels best for you.
- As you tap this point, repeat your specific phrase at least three times.
- Continue to go through the tapping points while still repeating this phrase. Tap each point at least five to seven times.

- After the karate chop point, perform your tapping in this order: the eyebrows, the side of the eyes, under the eyes, under the nose, chin (under the lip), at the collarbone, under the arm, and on top of your head.
- Repeat the entire sequence at least three times.



Step 5: Check the Intensity

Again, rate the intensity of your anxiety on a scale from 1 to 10, with 10 being the worst.

If you are not back to a baseline of 0, continue to repeat the sequence until you are.

Repeat the sequence a few times until the concern, issue, or emotion has dissipated.

8. Escalator meditation exercise

- Sit in a comfortable chair with your feet on the floor.

- Pick a spot on the opposite wall that is a little bit above your eye level.
- Stare at the spot.
- Slowly count to 20 while focusing on the spot.
- Notice your eyelids begin to feel heavy.
- Close your eyes.
- Take a deep breath and very slowly exhale x3.
- Squeeze the muscles in your eyelids, closing your eyes tightly.
- Then let your eye muscles relax.
- Imagine that relaxation slowly spreading through your body.
- Imagine you are on top of an escalator.
- Step on the escalator and ride down, counting backwards from 10.
- By the time you reach the bottom you'll be relaxed.
- Enjoy the tranquility for several moments.
- Then get back on the escalator riding up, counting to 10 as you go.
- When you get to 10, open your eyes, feeling relaxed, refreshed, and wide-awake.

9. **Safe Place exercise**

- Escaping to a Safe Place - Choose a haven or a place where you feel comfortable and that you can imagine with all your senses. <https://youtu.be/qIALEqAadSg>.

10. **Resetting the nervous system links**

- <https://youtu.be/rpHy6hzNDI4>
- Heart-brain coherence exercises and practicing gratitude - <https://youtu.be/eL7mi1YQ8Rc> and <https://youtu.be/eL7mi1YQ8Rc>.
- Vagus Nerve Reset- <https://youtu.be/-R6Ds3gHPXBc>, <https://youtu.be/-S8KT7w4uaA> , <https://youtu.be/u3JbCNfYEBA>, <https://youtu.be/jXTblvbxuA4>.
- Progressive Muscle Relaxation for Deep Sleep - https://youtu.be/qle1z_aA10o
- How to reduce stress with the 2:1 breathing technique - <https://youtu.be/CQjGqtH-2YI>
- https://m.facebook.com/story.php?story_fbid=pfbid02w6xyrBkFbAWsWJDHjEsuPMBg3YbmgstAkqRXNNNdG9nvKjnz1zKGsfPZt7TtahxBI&id=440902859280970&mibextid=unz460
- https://www.youtube.com/channel/UCQr-Yc1mMeV2758l2dAr_Wg