



resilient futures

Relate. Reflect. Restore. Renew.

Mindfulness Breaks

From Resilient Futures



 resilientfutures.us

 info@resilientfutures.us

the power of Mindfulness



Mindfulness exercises hold profound power in nurturing mental and emotional well-being. Incorporating practices like breathing exercises, stretching, and body work can bring about a sense of calm and centeredness, helping individuals to alleviate stress and anxiety.

Types of Mindfulness Breaks

Breathing exercises allow us to anchor ourselves to the present moment, cultivating clarity and reducing racing thoughts. Engaging in stretching and body enhances physical flexibility while encouraging a deep connection between the mind and body, fostering a greater awareness of bodily sensations. Activities such as writing, coloring, and other mindful exercises provide avenues for self-expression and creativity, allowing individuals to explore their thoughts and emotions in a non-judgmental way.

Use these exercises during breaks in your day, during challenging situations, at work, and at home. You can teach these exercises to your peers, students, and even your families.

Mindfulness practices collectively empower individuals to cultivate resilience, enhance emotional regulation, and foster a greater sense of inner peace and well-being.



“

By engaging in mindfulness practices

we train our nervous system to enter a more balanced state.

When our nervous system is more balanced, we can self-regulate better, and we can start to recognize when our biases are running amok.

Mindfulness helps us be more empathetic to people who are different from us, and it helps us self-correct biased behaviors that cause harm.

Resilient Futures



MINDFULNESS BREAK



Take a two-minute mindfulness break by following the prompt below.

1. Take a moment to find a comfortable position.
2. Close your eyes if it feels right.
3. Focus on your breath, noticing its natural rhythm.
4. Let thoughts come and go without judgment.
5. Feel any tension in your body without trying to change it.
6. Observe sounds around you without labeling them.
7. Acknowledge your emotions and thoughts without getting caught up in them.
8. Take a deep breath and gently open your eyes.
9. Notice how you feel.



MINDFULNESS BREAK

Stretching exercise

This simple stretching exercise helps. to reduce stress and promote relaxation.

1. Find a comfortable space and take a deep breath in, exhaling to release tension.
2. Raise your arms overhead, interlace your fingers, stretch upward while breathing deeply.
3. Lean to one side, feeling a deep stretch along your side-body. Take a few breaths.
4. Return to center and repeat on the other side, breathing deeply.
5. Roll your shoulders backward in circles 3 times to release tension.
6. Tilt your head to one side, feeling a gentle stretch on the opposite side of your neck. Take a few breaths, then switch sides.
7. Roll your neck clockwise and counter-clockwise a few times, moving slowly and mindfully.
8. Take a moment to stand or sit quietly, noticing any feelings of calmness and relaxation.

Remember to always listen to your body and modify or skip any stretches that feel uncomfortable or painful.



MINDFULNESS BREAK

Meditation exercise

1. Find a quiet place and sit comfortably with your eyes closed.
2. Take a few deep breaths, focusing on the sensation of the breath.
3. Bring your attention to the present moment, noticing the physical sensations in your body.
4. Follow the natural rhythm of your breath, letting go of distractions.
5. Inhale calmness, exhale stress.
6. If thoughts arise, gently bring your focus back to your breath.
7. Practice for a few minutes, fully immersing in the present moment.
8. When finished, take a few deep breaths and slowly open your eyes.

Remember, even a brief meditation can have a positive impact on reducing stress. Adjust the duration as needed to fit your schedule.



MINDFULNESS BREAK



Breathing exercise.

4-7-8 Breathing Exercise

1. Find a comfortable seated position or lie down, ensuring that your spine is straight.
2. Gently close your eyes and take a few deep breaths.
3. Place the tip of your tongue against the back of your upper front teeth. Keep it there throughout the exercise.
4. Take a slow, 4-second deep breath in through your nose.
5. Hold your breath for a count of seven.
6. Exhale completely through your mouth to a count of eight, making a soft "whoosh" sound. This completes one breath.
7. Inhale again and repeat the cycle for a total of four breaths.
8. After your fourth exhalation, allow your breathing to return to its normal rhythm and take a moment to notice how you feel.

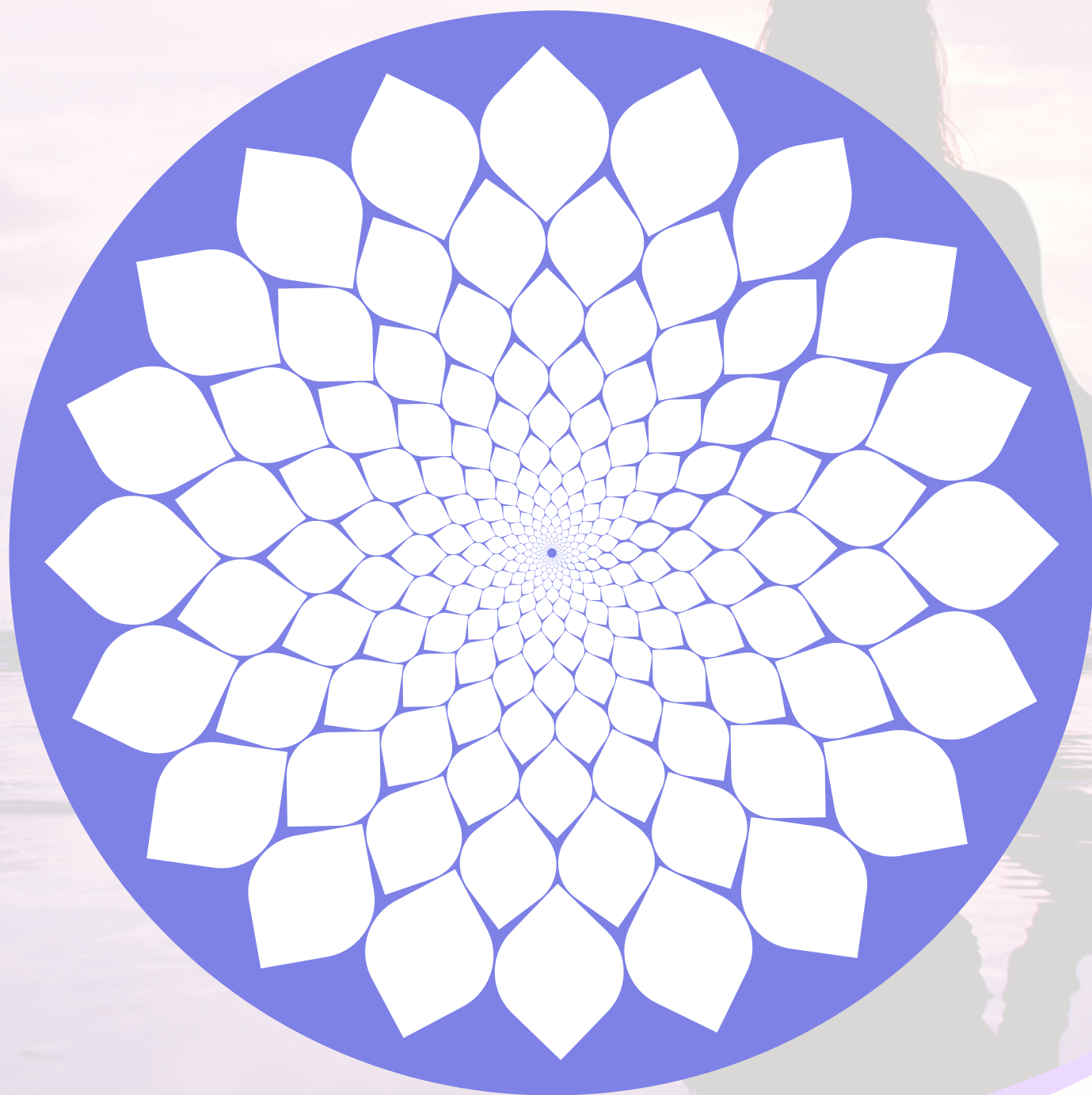
This technique can help slow down your heart rate, calm the mind, and induce a sense of relaxation. Remember to practice this exercise at your own pace and adjust the counts if needed.



MINDFULNESS BREAK



Let your brain rest and absorb. Color in the Mandala below.





MINDFULNESS BREAK



Breathing Exercise

1. Find a comfortable, relaxing position.
2. Close your eyes and bring your attention to your breath.
3. Take a slow, 4-second inhale in through your nose, allowing your belly to expand as you fill your lungs with air.
4. Hold your breath for a moment, counting to four again.
5. Slowly exhale through your mouth, counting to four as you release the air, and relax your belly completely.
6. Repeat this cycle of inhaling, holding, and exhaling for a few minutes, focusing on the sensation of your breath and letting go of any tension or thoughts.

If your mind wanders, gently bring your attention back to your breath without judgment. Continue this rhythmic breathing pattern as long as you like, gradually allowing yourself to relax and find a sense of calm.



MINDFULNESS BREAK



Stretching.

Standing Toe Touches

1. Stand with your feet hip-width apart, legs straight, and arms hanging loosely by your sides.
2. Take a deep breath in, and as you exhale, slowly bend forward from your hips, keeping your back straight and your abdominals engaged. Imagine trying to touch your toes with your fingertips.
3. Let your head and neck relax, allowing them to hang down towards the ground. You should feel a gentle stretch in the back of your legs (hamstrings) and lower back.
4. Hold the stretch for 15-30 seconds while breathing deeply and relaxing into the position.
5. Slowly return to the starting position by rolling up one vertebra at a time, keeping your back straight.
6. Repeat the stretch 2-3 times, gradually trying to reach a little farther each time.



MINDFULNESS BREAK



Grounding exercise

The 5-4-3-2-1 Grounding Exercise is intended to ease your state of mind in stressful moments.

5 things you can See



Acknowledge five things that you can see around you. Options can range from a pen or stapler at your office to a bird or tree while you're out at the local park. If you're at home, you can look at a family photo on the wall or a glass of water on the kitchen counter. You can pick between big and small items to keep your options open.



4 things you can Touch

Acknowledge four things that you can touch around you. You can start with your hair, hands, elbows, and other parts of your body if you're short on time. The ground beneath your feet, whether it's the floor of your bedroom or the office at work, also helps. Pillows, desks, phones, and keyboards can fit this step.



3 things you can Hear

Acknowledge three things you can hear around you. Instead of listening to your own thoughts or sounds from your body like your stomach growling, focus on external noises. Examples include someone driving a car nearby, a clock ticking, or a dog barking. If you're at work, you can listen to typing and the steps of people walking by your desk.



2 things you can Smell

Acknowledge two things around you that you can smell. This step may be a challenge compared to the others, so it's best to go to a place with more sources of scent if you don't smell anything wherever you are at the moment. The outdoors has plenty of options for smells, and the soap in bathrooms also helps. Your furniture can provide pleasant smells for this step when you're home.



1 thing you can Taste

Acknowledge one thing around you that you can taste. It doesn't necessarily have to be food, as toothpaste and minty floss you use in the morning or at night are easy sources. You can also go with the cinnamon-raisin oatmeal you have for breakfast, the sandwich and chips you have for lunch, or the pasta primavera you have for dinner. Coffee, tea, and other drinks you have to get through the day also work.



MINDFULNESS BREAK



Ideation

Surround the lightbulb with any words, feelings or key learnings that are currently ignited within you.





CONTACT US



info@resilientfutures.us



resilientfutures.us



[@resilientfutures](https://www.instagram.com/resilientfutures)