



Lifestyle Medicine

Two Minute Breathing Exercise

Adapted from www.mindfulnessexercises.com



Settle. Begin by taking a moment to settle into a comfortable position. You can close your eyes or look down to limit visual distractions.



Relax. See if you can notice any areas of physical tightness or tension. That might mean dropping your shoulders, wiggling your fingers, loosening your jaw, softening the muscles around the eyes, or relaxing the belly.



Check-in. Noticing where your body touches the ground or the chair. What does it feel like to have the weight of gravity pulling you down?



Breathe. Inhale through the nose, and exhale through the mouth.



Notice. Observe the pause in between each inhalation and exhalation. Notice the sensation of the air as it passes through the nostrils and mouth. You might even notice the belly rising and falling with each inhale and exhale.



Stay with it. Continue breathing like this, feeling the air come in through your nose, and out through your mouth, for about another minute. If you notice your mind wandering, gently bring it back to your breath.

5,4,3,2,1 Mindfulness Exercise

Acknowledge...

- **5 things** that you can see at this moment
- **4 things** that you can touch or feel at this moment
- **3 things** that you can hear at this moment
- **2 things** that you can smell at this moment
- **1 thing** that you can taste at this moment



Mindful Wakeup: Start with a Purpose

Adapted from www.mindful.org

This practice is best done first thing in the morning, before checking phones or email.

1. On waking, sit in your bed or a chair in a relaxed posture. Close your eyes and connect with the sensations of your seated body. Make sure your spine is straight, but not rigid.

2. Take three long, deep, nourishing breaths — breathing in through your nose and out through your mouth. Then let your breath settle into its own rhythm, as you simply follow it in and out, noticing the rise and fall of your chest and belly as you breathe.

3. Ask yourself: “What is my intention for today?” Use these prompts to help answer that question, as you think about the people and activities you will face. Ask yourself:

How might I show up today to have the best impact?

What quality of mind do I want to strengthen and develop?

What do I need to take better care of myself?

During difficult moments, how might I be more compassionate to others and myself?

How might I feel more connected and fulfilled?

4. Set your intention for the day. For example, “Today, I will be kind to myself; be patient with others; give generously; stay grounded; persevere; have fun; eat well,” or anything else you feel is important.

5. Throughout the day, check in with yourself. Pause, take a breath, and revisit your intention. Notice, as you become more and more conscious of your intentions for each day, how the quality of your communications, relationships, and mood shifts.

Mindfulness Resources

- www.mindfulnessexercises.com
- <https://mindfulnessexercises.com/dealing-with-covid-19/>
- www.mindful.org
- <https://psychcentral.com/blog/7-easy-ways-to-be-mindful-every-day/>
- www.headspace.com — offering some free resources during current pandemic
- www.freemindfulness.org

Guided Meditation/Relaxation Apps

There is more and more evidence that regular meditation reduces stress, increases sense of well being, improves focus, and can reduce emotional and physical pain. Often times, people are intimidated by the thought of meditation, or have tried it and felt that they “couldn’t do it”. There are now a variety of apps available which offer guided meditation and relaxation exercises, which can be an easier way to start out.



Simple Habit

Meditation app. Has guided meditation/relaxation exercises from 5-15 minutes with a variety of themes (improve focus, decrease anxiety, find happiness, etc). App includes a variety of free meditations. Users can purchase a subscription for around \$12/month to unlock full version.



Headspace

Meditation app. Offers a variety of themed meditations/relaxation exercises and different lengths of times. Includes some education around learning how to meditate. Free trial included. Paid subscription with different plans available.



Calm

Meditation app, includes guided meditations/relaxation exercises, sleep stories, and calming music. Free trial to full version available. Limited version offers different themed meditation exercises. Paid subscription to unlock full version.



Pacifica

Meditation app that also includes mood/health tracking, peer support community, and assistance with goal setting. Free.



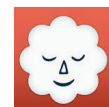
Insight Timer

Meditation app, which offers the largest available library of guided meditations. Free.



10% Happier

Meditation and mindfulness app, offers daily videos and guided meditations to help teach the importance and benefits of meditation. Free trial. Paid subscription available.



Stop, Breathe & Think

Meditation app, which also includes short activities to “check in” with your emotions. Free and (paid) premium versions available.



Mood Space

Self help app, which includes meditation, along with other “mood workouts”. Free.