



Ascension

Mindful Mini Breaks

Do you find yourself feeling tense and stressed out with all the unknowns in our current world? Consider taking some time to recharge both your body and mind during this time with just a few minutes of your day.

Walking meditation. A walking meditation is nothing more than focusing on the physical sensations of moving your body. As you walk notice how your soles touch the ground. Your weight and balance shift from one foot to the other each time you take a step. Focus in on a single stride; how your heel first makes contact, before your foot rolls forward onto the ball and toes and then lifts off the ground. This short meditation can help you refocus and calm your mind as well as improve your concentration.

Sing it loud. How often do you belt out your favorite song? Consider adding this to your daily routine as the deep belly breathing and the focus on the lyrics instead of your worries can all reduce stress, anxiety and depression.

Visualization & Mantras. Think about a scene or image you find relaxing; the ocean, the mountains, a rainbow. Engage all of your senses in your visualization. Begin creating a vivid picture which includes sounds, smell, taste and textures.

Also consider saying a personal mantra to yourself when you need to refocus your energy such as “I am strong” or “I can do this.” It can be a very simple statement that can easily be repeated throughout your day when you have a challenging task or need a positive reminder.

Stretching. Do you find yourself sitting more than ever while working from home? Are you moving directly from your home office to the couch? Stretching loosens your muscles and gets your blood flowing again which can lead to more energy, less stress and improved concentration.

Practice gratitude. Be thankful for the little things you have in your life and count your blessings. You will be surprised to find out just how much you have.

Let your mind wander. How often do you sit and daydream? If you are like me, the answer is probably not very often. Consider letting your mind wander away from your day to day responsibilities. Curl up on the couch with a blanket, some warm tea and gaze out your picture window in your living room and just sit there, uninterrupted, along with your thoughts.