

# MINDFULNESS PRACTICES

## FOR MODERN TIMES

A handy cheat sheet of practices you can use when things get a bit overwhelming

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### H.A.L.T

Take a minute to check in. Are you Hungry, Angry, Lonely, or Tired?

You may need a snack, to say no to something, a phone call with a friend, or a short rest.



### TOSS A BALL



Tossing a ball, something like a tennis ball, is a fun and efficient way to get out of our heads and drop the energy down. It employs a technique called, Crossing the Midline.

### ROLL YOUR FEET

Massage, hugs, & weighted blankets activate our body's proprioceptive system (picture swaddling a baby.) This is how we know where we are in space and helps down regulate our nervous system.



### VOO

Making the 'Voo' sound is a wonderful way to talk to your vagus nerve. The gentle vibrations created by the chant tickle the vagus and send signals of safety to our belly and body.



### 7 WAYS TO MOVE STRESS OUT

- Movement - Run, walk, dance, bike. Move your body!
- Crying - Let it out, crying is a release.
- Laughing - And so is laughter! Real genuine laughter.
- Affection - Hug until you feel a shift in your system.
- Creative Expression - Journal, paint, draw. Let it out.
- Positive Social Interaction - Co-regulate with safe people
- Breathing - conscious breath ex, box breathing

