



Coping With Stress - Practical Techniques For Optimal Wellbeing

WORKBOOK

Part 5: Accessing Your Inner Calm



PART 5 COURSE EXERCISE

Mindfulness

Mindfulness takes us to a place and space of acceptance and non-judgement.

Mindfulness Exercise

Bring one of the exercises below into your daily routine. Vary the exercises you choose from day to day so that you get a feel for different types of mindful practices as much as possible.

- Breathe in for a count of 7 and out for a count of 11
- Keep silence in your head for a moment
- What's your posture
- What's the furthest away sound you can hear (outdoors)
- Listen to the chatter in your mind without getting involved
- Where in your body do you feel calm
- Look at an object. Notice the feelings it evokes. Stay out of the story about the feelings
- Try to notice how long a thought lasts
- Where in your body are you most aware of your breath
- Listen with your attention and not with your ears
- Next time you are talking to someone in person, notice how they are breathing
- When you feel resentful, stay out of the story as you allow the feeling to fade
- Can you pause for one minute without distracting yourself