

# Mindful Mini-Break

## Yawn *and* Stretch

- Every hour yawn and stretch for 10 seconds.
- Say “ahh” as you exhale. Notice how a yawn interrupts your thoughts and feelings bringing you into the present.
- As you slowly stretch notice any tightness and send your breath into that place.

## Light Touch

- Lower or close your eyes.
- Take the tip of your index finger on your right hand and lightly, slowly move it in circular motions across the back of your left hand.
- Notice what you feel. Try to go even slower and remember to breathe.

## STOP

- Stand up and breathe. Feel your feet on the floor. Press your toes into the ground.
- Tune in to your body. Lower your gaze. Scan your body and notice physical sensations or emotions. Exhale any unpleasant sensations, emotions, or feelings. Notice any pleasant ones and let them fill you up on the in breath.
- Observe. Lift your eyes and take in your surroundings. Observe something in your environment that is pleasant and notice what arises.
- Possibility. Ask yourself what is possible or what is new or what is a forward step.

@heathercounseling

## Fist Clench

- Position your fingers and thumbs facing down.
- Now clench your fist tightly for 10 seconds.
- Turn your hand over so your fingers and thumbs are facing up and breathe into your fist slowly releasing them.
- Notice what happens.

## Loving Kindness

For one minute repeat:

- May I be happy.
- May I be healthy.
- May I be safe.
- May I live with ease.

You can repeat using 'you' or 'we' in place of 'I' to send loving kindness forward.

## Heart's Desire

- Place your hands over your heart.
- Take a few deep breaths.
- Ask yourself: What do I need right now?
- If you can meet that need, do so. If you cannot, imagine getting that need met.
- Notice how you're feeling.