

MINDFULNESS TIPS

FOR WHEN THINGS FEEL CHALLENGING

If you've been through trauma or other difficult circumstances, you might notice that painful memories or uncomfortable feelings come up during your meditation practice. Sometimes, it can be helpful to just allow these feelings to be there, meeting them with kindness and compassion, as you would any other part that comes up in meditation.

However, if these feelings become overwhelming, here are some tips you can try to continue your mindfulness practice in a way that feels better for you. For any of these, use them until you start to feel more grounded and back to yourself. You might also find that you need to practice **only** these exercises for a while, and that's okay.



PAUSE

Take a **pause** to re-center yourself.

Open your eyes, change your posture, take deep belly breaths, make some noise (humming works!), or bring contact to your body (hands on belly, forehead, heart, feet on floor, wiggle toes).



ANCHOR INSIDE

Find another place inside your body to '**anchor**' your focus.

Bring your attention to any place in your body that you notice **sensation** (chest, arms, legs, head, feet). Or, bring your attention to anywhere your body is touching something else (floor, chair, clothes).

GROUND

Find a place **outside** of your body to **ground** your focus.

Use your **senses**: notice what you See, Hear, Touch, Smell, or Taste and rest your focus there. Look around your space. Notice the furthest thing away you can see or hear. You might speak out loud: I am here.

USE MOVEMENT

Move your body and match it with your breath.

Match any **movement** that feels good (e.g., swaying, walking, or moving your hands), with your breathing. For example: Inhale, sway left, exhale sway right.

