

RESPOND TO STRESS WITH MINDFULNESS

When feeling stressed, it's easy to become swept up in the moment. Use the following mindfulness technique to calm yourself down and ensure you're ready to tackle whatever lies in front of you with a clear head.



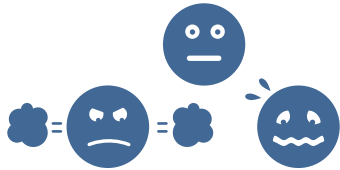
Reflect on a challenge

Bring to mind a current challenge in your life that is causing you stress. Imagine being in the situation and all of the difficulties associated with it.



Notice how you feel

Notice whether you feel the stress in your body. Look out for your stress signals: muscle tension, heart rate, sweaty palms, butterflies in your stomach.



Label the emotions

As you tune in to your emotions, try identifying exactly which you feel. Label each emotion and be aware of exactly where in the body you feel it. The more precisely you can locate the emotion, the better.



Be mindful

Rather than judging yourself for any of your feelings, use curiosity, openness, and acceptance to identify them. Acknowledge that whatever you're feeling is natural and healthy.



Place a hand

Try placing a hand on the location of each feeling — a friendly hand represents kindness. Do this the way you would place your hand on the injured knee of a child, with care and affection.



Be in the moment

Focus on this comforting sensation and your rhythmic breathing, promoting a present-moment awareness.



Find your calm

When you're ready and feeling calm, bring the meditation to a close.

Source: "Nine Ways Mindfulness Reduces Stress," by Shamash Alidina. Mindful.org. July 17, 2019.