

MINDFULNESS - BETWEEN SESSIONS IDEAS

Mindful Seating: if you have seconds between sessions, just take a moment to sit in a comfortable position, ensuring your back is straight and your feet are grounded.

Three-Stage Breathing: Begin with a series of deep breaths. Inhale slowly for a count of four, hold your breath for a count of four, and exhale slowly for a count of four. Repeat this three-stage breathing for a minute, focusing solely on the breath.

Mindful Walking: Take a slow, deliberate walk, paying attention to each step. Notice the sensations in your feet, the movement of your body, and the surrounding environment.

Grounding Exercise: Engage in a grounding exercise by bringing attention to your senses. Name five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.

Mindful Observation: If there's a window, take a moment to observe nature or the sky. If not, choose an object around you. Notice its color, shape, and any unique details. Allow your mind to rest on this observation for a minute.

Affirmations: Repeat a positive affirmation or mantra to redirect your focus. For example, "I am present and grounded in this moment" or "I approach each session with compassion and clarity" or "God guide my next session".

Stretch and Move: Stand up and stretch gently. Move your shoulders, neck, and wrists to release physical tension. Pay attention to the sensations in your body as you move.

Mindful Tea or Coffee Ritual: As you prepare your beverage, engage in the process mindfully. Notice the aroma, the warmth, and the taste with each sip.