Silent Sighs

Inhale deeply into your belly.

On the outbreath, sigh as quietly as possible until all the air is released.

Repeat.
7/11 Breath

Breathe in for a count of 7 (using your fingers)

Breathe out for a count of 11 (using your fingers)

Repeat.
WWW

Reflect on the day so far and ask yourself:

What

Went

Well?
Just BE x 3

Breathe in... Expand your body...

Breathe in... Expand your mind...

Breathe in... Expand your view.
Just One Thing

Whatever the next thing you do is, do it, but for the first minute, do it with you absolute, undivided attention.
Body Awareness

Is any part of your body calling out in discomfort?

Can you just breathe with it and be with it?
Warrior Breath

Breathe in for a count of three...

Hold for three...

Breathe out for three...

Hold for three...

Repeat as needed. Recognize the quiet strength of the breath.
The Source of Joy

Thich Nhat Hanh says "sometimes your joy is the source of your smile, but sometimes your smile, can be the source of your joy."

Close your eyes, smile, feel it and see.
Pencil Yourself In

Open your calendar or phone. Scan the day for a free moment and pencil in a reminder or alert to just breathe and be.
One Sip

Take one sip of your coffee, tea, water, or whatever is near.

Taste the flavors. Feel the temperature. Follow the sensations down your throat, past your chest and into your belly.

Notice the emotions too. Pause, eyes closed, and wait for the sensations to pass.
Compassion Hug

Stretch your arms out wide on the inbreath like you are hugging the whole world.

Hold your arms across your shoulders on the outbreath hugging yourself.

Repeat.
Mindful Music

Play one of your favorite songs. As you listen, do nothing else but notice all the thoughts, memories, emotions and sensations that arise during the song.
S.T.O.P.
Stop what you're doing.

Take a breath.

Observe your inner and outer worlds.

Proceed.
Inside The Smile

Close your eyes and bring a small smile to your lips.

Notice what a smile is like from the inside, in your face and in your feelings.
Nagging Feeling
Notice a feeling, thought or sensation...
Allow it to be there for a moment...
Let it Go.