

Coping with Changes

Brought by COVID-19



Increasing calm and resilience with mindfulness

Mindfulness is simply paying attention to what is happening in the present moment with openness, curiosity, and a willingness to be with what is. Being aware of the body and breath naturally cuts a lot of the chatter in the brain, giving you a moment of calm. It reduces rumination, which in turn reduces errors and promotes better decision-making, which we all need in times of high stress. It also helps bring about the relaxation response, physically relaxing the body during stressful situations. And finally it helps us adopt an attitude of openness and non-judgment toward ourselves and others that brings ease and enhances our connection.

You can practice mindfulness anywhere, anytime, by taking a brief pause and tuning in to the sensations in your body, just noticing the direct experience of the body as you sit or stand. You might quickly scan your body, noticing any tightness or holding, accepting that is the way it is right now, but then inviting release. If you like, you can take a brief pause to notice your breathing, feeling the sensations of the in-breath and the out-breath. Letting all else go, and just coming home to the breath. If your mind wanders, notice that with kindness, and when you can, gently return your attention to the breath in the body.

One great way to practice mindfulness is pick a routine, like washing your hands, and take that time to really notice the sensations, such as the hands rubbing together, the smell of the soap, the sound of the water running. Let go of thoughts and notice only what you are doing in the present-moment--for just that brief time. Or you can choose to notice the sensations of your body as you walk around the house, noticing the lifting and placing of your legs and feet. Let yourself be absorbed in those movements, giving yourself a break from thoughts.

- [4-min Guided Belly Breathing](#)
- [1-min Body Breath Integration](#)

[What is mindfulness?](#)

[How to practice a more formal mindfulness meditation](#)

[How mindfulness works with some guided meditations to try](#)



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