

PSYCHOLOGY MONTH

1-MINUTE MINDFULNESS EXERCISES FOR EVERYDAY STRESS

One major component of mindfulness involves paying attention to the present moment with no internal judgment. Research evidence suggests mindfulness has many positive effects in many areas of daily functioning, particularly with reducing stress. There is growing interest in mindfulness practice for students during their school day.

This week's Psychology Month article provides an introduction to mindfulness with some very brief "trial" mindfulness exercises that may be helpful in dealing with stress. Try one or two of these activities to see if they are helpful and of interest.

l or snack
pay attention to the sensory experiences - the
when you bite into your food.
presence in an experiential rather than evaluative way

what one breath feels like • Inhale for 4 seconds, hold for 4 seconds, and exhale for 4 seconds. • You're

- Take a mindful moment to give your brain a break rather than filling up every tiny space in your day by automatically reaching to check your phone or email.
- Instead, spend a few seconds noticing your environment.
- A common example is watching out the window, e.g., watch the leaves or branches of a tree fluttering in the breeze

5. Scan your body

- Scan your body from top to toe for any sensations of discomfort or tension
- Attempt to soften to the sensations of discomfort
- Next, scan your body for any sensations of comfort or ease

6. Do one action mindfully.

- Pick an action you do at the same time every day and plan to do that action mindfully
- For example, the moment you turn on the tap to wash your hands, notice the temperature of the water, feel the water sliding over your fingers, and watch the droplets splashing against the sink.

For further information, please speak to your school psychology staff or contact the Psychology Department at (905) 890-0708, ext. 24330.

(Adapted from: Boyes, A. *Psychology Today*, February 12, 2013)