

Mindfulness practices for in-class use, 5 minutes or less

A. STOP technique

- a. 1 minute activity that can be done at any time throughout the day to reconnect with the body and get out of auto-pilot <http://www.mindful.org/mindful-magazine/stressing-out-stop>
- b. Four simple steps - S.T.O.P. is an acronym
 - i. **Stop** whatever activity you're doing whether pleasant or unpleasant
 - ii. **Take** a breath
 - iii. **Observe** in that friendly, interested fashion, without judgment, "I notice that..."
 1. your thoughts – coming and going; they're not facts, are they?
 2. your emotions – name them, notice where you feel them
 3. your body – position, posture, sensations
 - iv. **Proceed** with activity you stopped, now proceeding *intentionally*

B. 3 minute Body Scan practice: <http://marc.ucla.edu/mpeg/Body-Scan-Meditation.mp3>

C. Gratitude Practice

- a. Sit comfortably erect and take a few slow breaths, extending the exhalation
- b. Spend 3 minutes thinking of a few things for which you are grateful. Possibilities:
 - i. being alive
 - ii. the chance to go to college
 - iii. chocolate
 - iv. that you made it to class today safely
- c. Notice and pay attention to the thoughts, memories, and in particular, the physical or emotional feelings and sensations that come up
- d. When your mind chatters about other things, return your focus to the things you're grateful for

D. Elisha Goldstein, PhD "The Now Effect" brief 2.5-5 minute practices on YouTube <https://www.youtube.com/user/NowEffect> or at <http://elishagoldstein.com/videos/>

- a. Just Like Me
- b. Welcome Your Pain
- c. Movie in Your Mind
- d. Deep Belly Breathing
- e. Breath As An Anchor
- f. Body Scan Practice
- g. ACE (Awareness, Collecting, Expanding)
- h. The STOP Practice

E. Practices from Vanderbilt professor Nancy Chick's blog, "[The Mindful PhD](#)"

- a. **Snow Globe Visualization**

Sit comfortably, and take three slow, deep breaths.

Imagine a snow globe, then shake it. The swirling snowflakes are your thoughts, memories, worries, plans. Imagine them swirling around you as you sit calmly. Observe them. Notice them. Be aware of them.

Breathe.

Just watch them—the snowflakes, your thoughts—as they slow down and pause, coming to rest on the ground, on the floor.

Breathe.

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Do nothing: don't fight, resist, or judge them. Unless you shake the globe, the snow will settle. If you just observe them and don't expend any effort, the snow will settle. Let gravity bring them to a rest.

Expect no miracles: you won't get rid of them or be magically at peace. Everyone shakes a snow globe, so the stillness is temporary. It takes mindful, repeated practice of imagining the snow globe and watching the snow fly and then settle for awhile—and mindfully, repeatedly the practice of observing your thoughts swirling, and then settling for awhile. Practice.

When you're worrying, when you're stressing, if you're overwhelmed, think of the snow globe, and watch the snow fall.

b. **Pause with Four Fingers**

Touch the tip of your pinky finger with the tip of your thumb, and then lower your thumb to trace the inside of your pinky down to your palm. Take the time to slowly and silently count to three or even four as you travel this distance.

Follow your thumb with your breath, breathing in as you reach your palm and out as you return to your fingertip. 30 sec. video demo: <http://youtu.be/CKSAXzza7P8>

Focus your attention to the sensations of your fingers. Notice what thoughts arise as you slow down. As these thoughts arise, notice them, and then return your attention to your fingers and your breath.

Now, touch the tip of your ring finger with the tip of your thumb, and then trace the inside of that finger to your palm using that same deliberate pace, the same noticing of thoughts and returning to your fingers and breath.

Repeat with your middle finger, and then your pointer finger.

Reverse the direction to return to your middle finger, then ring finger, then pinky.

Take this pause whenever you need it.

c. **Notice Five Things**

This is a simple exercise to center yourself, and connect with your environment. Practice it throughout the day, especially any time you find yourself getting caught up in your thoughts and feelings.

1. Pause for a moment
2. Look around, and notice five things you can see.
3. Listen carefully, and notice five things you can hear.
4. Notice five things you can feel in contact with your body. (E.g. your watch against your wrist, your trousers against your legs, the air upon your face, your feet upon the floor, your back against the chair, etc.)