

Conducting a self check-in

This practice can be done seated or standing.

Take your Mindful bodies.

Take 3 deep breaths.

Notice how you are feeling inside. What are you experiencing at this moment? Are you tense, anxious, angry, hopeful, happy, worried? Whatever emotion you're experiencing is what you're experiencing and that is fine. There is no right or wrong emotion; it's simply your experience at this time.

Let's welcome this emotion. Welcome _____. Now let's set the emotion free. Pretend you're releasing a feather in the wind.

When you name an emotion out loud, you're acknowledging and accepting what you're feeling, this stops the emotion from becoming stronger and overwhelming you.

Now we're going to release the emotion and welcoming calm and ease.

Take three deep breaths. Now breathe regularly through the nose just as you always do. Follow the in breath and the out breath at the point where it is most noticeable for you. This might be the stomach, the chest or the nose. Repeat these words silently with each in and out breath.

Example: Breathe in ease, breath out fear – or whatever the emotion may be. Let's do this for 1 minute.