



Rushing to Yoga Foundation

Inquiry. Compassion. Peaceful Community.

Mindfulness Practice Tips

- Practice focused breathing with whatever time you can - even just 2 minutes begins creating the habit of mindfulness
- Practice focused breathing for one minute less than what feels tolerable or welcomed to you (Meng)
- Set reminders on your smart phone throughout the day to simply stop and notice how you are feeling and breathing
- Set other daily activities as reminders to breathe (Washing dishes, brushing your teeth, walking through a door, sitting down in a chair, prior to journaling, prior to meetings, prior to responding to emails, prior to tackling large projects, prior to washing hands, etc.)
- Practice naming your emotions as they arise
- Practice mindful listening with friends and family members
- Write each practice on a card and choose one card each day
- When triggered
- Practice with friends and family members
- Send myself an automatic email reminder or text each day to remind myself to practice
- Practice mindful walking
- Practice yoga

- Place stop signs around my office and home to remind me to stop and breathe and check in with how I am feeling, how my body is feeling
- Practice recapitulation each evening
- Practice focused breathing in my office before I go home/or when I first arrive at work
- Practice focused breathing in my car before I get out to go to work/ or go home
- When triggered:
 - o Breathe
 - o Remind yourself that everyone wants to be happy
 - o Practice SBNRR (stop, breathe, notice, reflect, respond)
- Access guided audios to practice
 - o http://www.integrativeinquiry.org/about_videos.php