

HEALTHFUL HACKS



➔ Benefits

- **Improves Physical Health**
 - Relieve stress
 - Lower blood pressure
 - Reduce heart disease
 - Improve sleep
 - Reduce chronic pain
 - Alleviate gastrointestinal difficulties
- **Improves Mental Health**
 - Reduce symptoms of:
 - Depression
 - Substance Abuse
 - Eating Disorders
 - Relationship Conflicts
 - Anxiety Disorders
 - Obsessive-Compulsive Disorder (OCD)

Resource:

<https://www.helpguide.org/harvard/benefits-of-mindfulness.htm>

➔ Additional Resources



- **Unplug - A Simple Guide to Meditation** by Suze Yalof Schwartz
- **Meditation for Fidgety Skeptics** and **10% Happier**, both by Dan Harris
- **Ted Talks** by Judson Brewer on Habit Change and Emma Seppala on Breathing Happiness
- **Real World Mindfulness for Beginners** by Brenda Salgado
- **Apps:** Calm, Insight Timer, Headspace, & Unplug
- **The Practice of Groundedness** by Brad Stulberg



MINDFULNESS & MEDITATION

The practice of purposely focusing your attention on the present moment, while acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Basic Meditation Practice

- Choose a time when distractions are limited. Sit in a comfortable position, ideally, in a quiet space
- Slowly breathe out through your mouth while drawing your belly in, and breathe in through your nose while allowing your belly to expand. Allow your breath to settle into its natural rhythm, noticing the rise and fall of your abdomen with each breath.
- When distracting thoughts arise, notice them, but let them go, returning to your breathing. Continuing your breaths or using mantras or visualizations can keep your breathing focused. Start with one minute and gradually increase duration.

A Quick Shot of Calm: Tactical Breathing

- Begin by slowing your breathing, lengthening your in and out breath
- Breathe in for 4 counts, pause for 4 counts, breathe out for 4 counts, pause for 4 counts.

Gratitude Meditation

- Close your eyes and begin breathing slowly
- Think of 3 people and then 3 things for which you are grateful

Loving Kindness Meditation

- Sit or lie comfortably, breathing in a slow, easy rhythm
- With each deep breath, repeat these intentions to yourself, "May I be well, may I be happy, may I be at peace." You can personalize your intentions to what might work best for you
- Now think of those you love and care about. Repeat these good intentions for them as well
- Now widen your circle and repeat these same intentions as you move onto people you may be in conflict with.

Rise and Shine Meditation

- Upon waking, sit on the edge of the bed with good posture. Close your eyes and connect with your breath, taking 5 long breaths in through your nose and out through your mouth.
- Set your intentions for the day. For example, "I will be kind to myself", or "Today I will be patient with others and give generously"

Coffee Shop Meditation (or anytime you are waiting in line)

- Connect your feet to the ground as you stand in line. Instead of being annoyed to be waiting, connect with your breath and your surroundings. No cheating and reaching for your phone, just simply breathe.