

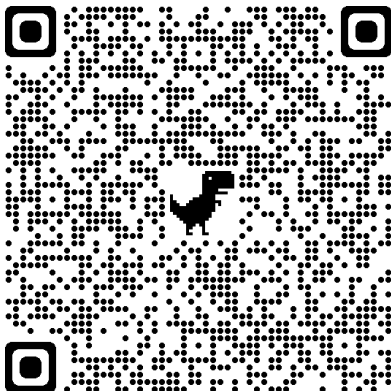
Mindful Practices to Try

Nature Walks

- They are so fun. No music, no talking, no screen. Just looking at nature. And don't think about substantial thoughts; just appreciate.
- www.mindful.org/daily-mindful-walking-practice/
- Observe the nature and visual elements of your surroundings, like shapes, space, color, and structure
- You can do the same exercise of noticing sounds and visual elements of nature just while sitting outside!

Spirituality and religion

- They are touchy subjects, and can be either overlooked or taken to the extreme.
- However, they can be important tools and shouldn't be ruled out even for students.
- ^^Pick up a religious or spiritual text and read through to see if you find any sense of connection or calm in sacred concepts!



← QR code to a mindful reflection worksheet

[Link to a PDF of great beginner exercises!](#)

What to listen to?

- **10% Happier With Dan Harris**
 - Harris is “a New York Times bestselling author who is the creator of a book with the same name. This mindfulness podcast addresses a clear, simple approach to meditation alongside some of the most respected meditation teachers in the world. It is great for skeptics, and created to help listeners keep it going.”
- **On Being With Krista Tippett**
 - “On Being is a podcast that has been awarded the Peabody Award for great conversation and information. This mindfulness podcast talks about some of the most animating questions at the core of our lives, such as what it means to be human and how people really want to live their lives.”
- **The Rubin Mindfulness Meditation**
 - “This relaxing podcast includes a brief talk followed by a relaxing meditation. It is updated every Wednesday by the Rubin Museum of Art, which is a museum that

features a collection of art and various cultural artifacts from the Himalayas, India, and their neighboring regions.”

STOP exercise for stress

Quoted from Mindful Magazine:

S = Stop

Stop what you're doing right now, get in a comfortable position, either seated or lying down.

T = Take

Take a few deep breaths. Maybe in through the nose initially, and then out through the mouth. With each exhalation allow your body to soften a bit more. As long as you're here with the breath right now, allow your body to settle into its natural rhythm of breathing. Breathe in and sense the breath coming in. Breathe out and sense the breath going out. Allow your body to take the breath it needs in its natural rhythm of being alive.

O = Observe

- Begin to observe your body, noticing if there's any tension or tightness anywhere, including the face.
- If you do notice any of that just allow it to soften, or just mindfully adjust your body as it feels like it needs to.
- Be aware of how you're feeling emotionally right now. If there's a sense of calm or ease, maybe some restlessness or irritation, or maybe even sadness. Or you could be feeling neutral. Whatever's there, see if you can be aware of it and notice how it feels physically in the body.
- Be aware of and observe your mind right now, noticing if it seems distracted or cluttered or if it seems like it's settling into being here. Either way, it's OK.
- The moment we notice that our mind is off is a moment we're present. Be aware of the fullness of your experience physically, emotionally, and mentally, and just let be.

P= Proceed

Proceed is just dropping the question of: "What's most important for me to pay attention to right now?" or "What am I needing right now?" Allow whatever answer is there to simply percolate and arise. Proceed with that in this next moment. Always remember to acknowledge yourself for taking this time. This is a great act of self-care; take the final moment to acknowledge yourself for taking this time.