

## Noticing, Breathing, Allowing Transcript

This is Rose.

This simple mindfulness practice, which can be taught to children or adults, helps us notice, breathe, allow, and take positive action. Follow along to widen the gap between the impulse to react and choosing how you want to respond.

When we experience unpleasant feelings or thoughts—we feel stressed or anxious or uncomfortable in some way—instead of just reacting or trying to push those thoughts or feelings away, we have another option. We can notice the feelings and the thoughts, breathe into them, and allow them to be there. We may feel unsettled, but by allowing our discomfort, stress, anxiety, or whatever our experience is to be exactly as it is, we let go of any unnecessary tension and allow the experience to pass more quickly. We also give ourselves more space to choose how to respond.

This is the technique: Notice the fact that you are stressed and how it is showing up in your body, mind, and emotions. Take a breath to clear your mind, relax your body, and gather yourself. Suggest to yourself that this experience will not last forever, so welcome it while it is here. Allow your mind to think its thoughts, your body to feel its feelings, your emotions to move. Then, ask what is your next best action? What do you need?

Let's break this down.

You can repeat in your mind *I notice ...* then fill in the blank with whatever you notice about your body, breath, mind, emotions ... anything and everything about your experience.

Notice the position of your body, are you seated or standing, slouched or upright? What parts of your body can you feel? What parts of your body are touching the ground or chair? What sensations do you feel and where in your body do you feel them? You are not trying to change these sensations, just noticing any tension, or tightness or looseness, hot or cold, any and all sensations. Just noticing what you are feeling.

Now notice the thoughts you are having. Not trying to change or fix any of them. Notice what you are thinking about and any tension in your head, neck, or face that is associated with your thinking. Allow your thoughts to be exactly as they are.

Now notice your breathing, allow it to be exactly as it is. Notice if it is deep, shallow, tight, or loose, relaxed, whatever...

Breathe ...

Now deepen your breath by taking more air in through your nose and let it go out through your mouth. Again, deep breath in, feeling the air coming in through your nose, and exhale out through your mouth. Do it a few more times, maybe letting out a little sound like a soft sigh as if you are releasing stress. This is called letting-go breath.

Try it again. This time as you inhale, shrug your shoulders up to your ears, tightening your arms and fists then exhale, relax your body and let your breath flow out through your mouth. You can do it again with a big breath and tense up all your muscles: your shoulders, arms, fists, tighten your face, your chest, your belly, your legs, your feet, your whole body tight, then exhale let all the breath go and let your muscles deeply relax. You can do this a few times.

Then notice how you feel. Letting-go breath can look different depending on the situation. It is a great tool to use in the moment to let go of stress and clear your mind so you can choose to the best way to act for the situation.

What is your next action? What will help you the most? There are so many options. Maybe you have to take space to be alone and can do some quiet breathing or other mindfulness practices to relax yourself. Maybe it's going for a walk, or cooking or listening to music or reading, or going outside and breathing some fresh air, or calling a friend. Or maybe the best thing for you is to cry and release some emotion. Feeling is healing, so being sad or angry and safely releasing these emotions can also be helpful.

You might be in a situation where you have to interact with people to the best of your ability. If this is the case, your breath can help you.

Some other questions to ask yourself to reveal are: *What are the best next steps for you to take? How can I be really kind to myself right now? What would really be nourishing for me in this moment? What would feel really good? What would help me relax or calm down?*