

Mindfully Manage Your Stress



When you are in a situation and begin to feel stressed, try using the acronym STOP to help you become more mindful and deal with the situation.

- S - Stop. When you notice you are becoming stressed, stop what you are doing; put things down for a minute.
- T - Take a breath. Take a few deep breaths and follow your breath coming in and out of your nose.
- O - Observe. Become aware and observe your experience just as it is- thoughts, feelings and sensations. Be curious.
- P - Proceed. Once you have become more mindful, proceed with awareness of what will support you in the moment. What feels like a wise next step?



RESOURCES

Free Online Guided Mediations:
 UCLA Mindful Awareness Research Center
<http://marc.ucla.edu/body.cfm?id=22>
 Tara Brach
<https://www.TaraBrach.com/guided-meditations/>
 Insight Meditation Society <http://www.dharma.org/resources/audio#guided>

Stress Reduction Programs:
 East Texas Stress Reduction Clinic
 903-258-3166 for more information
www.etsrc.org

Apps for Your Phone or Tablet at the iTunes App Store:
 Insight Meditation Timer
 Headspace
 The Mindfulness App
 Smiling Mind App- for children

- Resources for Children:**
- Mindful Books for Children <http://www.mindfulkid.org>
 - Common Sense Media <https://www.commonsensemedia.org/lists/meditation-apps-for-kids>
 - Left Brain Buddha <http://leftbrainbuddha.com/resources-for-teaching-mindfulness-to-your-children/>

Mindfully Manage Your Stress



Becoming more mindful can help strengthen your health and wellbeing

East Texas Stress Reduction Clinic
 (903)-258-3166
www.etsrc.org

What Is Mindfulness?

Mindfulness is “The awareness that emerges through **paying attention on purpose, in the present moment, and non-judgmentally** to the unfolding of experience moment to moment”

– Jon Kabat-Zinn

Mindfulness is about:

- Taking yourself off of auto-pilot
- Observing, without judgment, what goes on in and around you, including your thoughts, feelings and behaviors
- Focusing on the present moment with compassion and curiosity

Benefits of Meditation:

- Lowers high blood pressure
- Decreases tension-related pain, such as: tension headaches, ulcers, insomnia, muscle and joint problems
- Improves mood
- Improves the immune system
- Increases energy level
- Anxiety decreases
- Emotional stability improves
- Creativity and focus increases
- Happiness increases
- Gain clarity and peace of mind

How Do You Practice Mindfulness Meditation?

1. Find a quiet space.
2. Sit in a chair or on a cushion with a straight spine.
3. If sitting in a chair, rest your feet flat on the floor. Rest your hands on your lap or over your thighs.
4. Close your eyes or gently lower your gaze toward the floor.
5. Take a few slow deep breaths.
6. Once you settle in do not try to control your breath.
7. Notice as you inhale and exhale your breath. Is it slow and deep or fast and shallow? Are you breathing from your chest and/or your abdomen?
8. If your mind wanders, gently bring it back to your breath. Your breath anchors you in the present moment.
9. Continue with this practice for 5 minutes and gradually increase the time.

Bringing Mindfulness into Your Day

Bringing your attention to things you do around the house everyday can help with mindfulness:

- Eating a meal
- Exercising/yoga
- Washing dishes
- Folding laundry
- Opening a book to read

Or you can try these other simple things to be more mindful:

- Bring full attention to your kids at playtime.
- Make a bedtime ritual
- Set your email to a bell sound and when it goes off take a few deep breaths.
- When someone is talking, truly listen without trying to think of a response.

