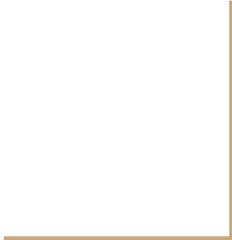




Mindfulness
Wednesday



Mindful Listening

1. Sit with your back straight and your body relaxed, resting your hands gently on your knees, and close your eyes if you feel comfortable. Notice what it feels like to breathe in and out right now.
2. Let's listen to the sounds in the room. You don't have to make any extra effort to hear them. Relax and listen, they'll come to you.
3. I'll stop talking for a minute. Let's listen together. There's nothing you need to do at all. Sounds will come up all on their own, like little surprises.
4. What did you hear? Did anything surprise you? Did the sounds stay the same or did they change? Did you feel more relaxed after hearing some of the sounds? Did you feel less relaxed when you heard other sounds?

Imaginary Hugs

1. What does it feel like to hug someone you care about? If someone you'd like to hug isn't with you, can you give them an imaginary hug anyway? Let's try it.
2. Sit with your back straight and your body relaxed, resting your hands gently on your knees, and close your eyes if you feel comfortable. Let's take a few breaths together.
3. Imagine a peaceful place that you would like to visit with your friends and family. It can be a place you know, a place you've never been, or an imaginary place.

4. Now let's send friendly wishes to ourselves. Give yourself a big hug, imagine you're having fun in your peaceful place, and silently say something like this: I hope I have a great day. I hope I have lots of fun playing with my friends.

5. Next we're going to give someone we love an imaginary hug. Make your arms into a circle in front of your chest and think of someone you'd like to hug. Imagine that he or she is with you in your peaceful place and that you're hugging each other. Then silently say something like this: I hope you are happy and have a great day. I hope you have what you need.

6. Are there more people you'd like to hug and invite to your peaceful place? Open your arms wide enough so that everyone can fit in. Picture all of them smiling and laughing and imagine you're giving each other a big hug. Then silently send friendly wishes.

7. With arms stretched out wide, imagine that the whole planet is a peaceful place and that you are hugging the planet as you silently say something like this: I hope everyone is happy today. I want all of us to be healthy and safe and to feel peaceful and content.

8. Now open your eyes. Reach your hands up to the sky as you take a big breath in, and as you breathe out, lower your hands to your knees.

9. What did it feel like to give yourself a hug and to send yourself a friendly wish? How did it feel to give someone else an imaginary hug and send friendly wishes to them?