

Patty's PT Tips

Mindfulness Self Therapy

May 11th, 2022

Mindful Resources

4-7-8 Breathing

<https://www.drweil.com/videos-features/videos/breathing-exercises-4-7-8-breath/>

Prepare for the practice by resting the tip of your tongue against the roof of your mouth, right behind your top front teeth. You'll need to keep your tongue in place throughout the practice. It takes practice to keep from moving your tongue when you exhale. Exhaling during 4-7-8 breathing can be easier for some people when they purse their lips.

The following steps should all be carried out in the cycle of one breath:

- First, let your lips part. Make a whooshing sound, exhaling completely through your mouth.
- Next, close your lips, inhaling silently through your nose as you count to four in your head.
- Then, for seven seconds, hold your breath.
- Make another whooshing exhale from your mouth for eight seconds.

Box Breathing

<https://www.youtube.com/watch?v=tEmt1Znux58>

- Inhale slowly and deeply through your nose (6 seconds)
- Exhale slowly and deeply through your mouth (6 seconds)
- Hold your breath (6 seconds)
- Inhale (6 seconds)
- Hold your breath (6 seconds)
- Repeat

Progressive Muscle Relaxation

As we move from the bottom of the body to the top, you will tense your muscles tightly, but not to the point of strain. Hold the tension for 5 seconds, and pay close attention to how it feels. Then, release the tension, and notice how the feeling of relaxation differs from the feeling of tension.

- Feet: Curl your toes tightly into your feet, then release them.
- Calves: Point or flex your feet, then let them relax.
- Thighs: Squeeze your thighs together tightly, then let them relax.
- Torso: Suck in your abdomen, then release the tension and let it fall.
- Back: Squeeze your shoulder blades together, then release them.
- Shoulders: Lift and squeeze your shoulders toward your ears, then let them drop.
- Arms: Make fists and squeeze them toward your shoulders, then let them drop.
- Hands: Make a fist by curling your fingers into your palm, then relax your fingers.
- Face: Scrunch your facial features to the center of your face, then relax.
- Full Body: Squeeze all muscles together, then release all tension.

Compassionate Touch – Guided Practice

<https://insighttimer.com/mindfultdetroit/guided-meditations/self-compassionate-breath-and-touch>

Self Compassion Resources with Dr. Kristen Neff

<https://self-compassion.org/category/exercises/#guided-meditations>

Loving-Kindness Meditation

Place your hand over your heart and feel the warmth and gentle pressure. Visualize your whole body in your mind's eye, noticing any stress or uneasiness that may be lingering within you. Offer yourself these phrases.

May I be happy.
May I be peaceful.
May I be safe.
May I be healthy.

Call to mind a person or creature who makes you smile, someone that you have an uncomplicated, easy relationship with. If many options arise, choose one. Imagine yourself in the presence of your loved one, both of you together. Repeat the same words.

May we be happy.
May we be peaceful.
May we be safe.
May we be healthy.

If your mind wanders, bring yourself back to the presence of the person and recall those warm feelings. Take your time. Repeat several times.

Now think of an acquaintance, someone you don't know very well and toward whom you do not have any particular feeling. You and this person are alike in your wish to have a good life. Send all your wishes for well-being to that person, repeating the following phrases, silently:

May you be happy.
May you be peaceful.
May you be safe.
May you be healthy.

Now expand your awareness and picture the whole globe in front of you as a little ball. Send warm wishes to all living beings on the globe, who, like you, want to be happy (repeat)

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