

Mindfulness Activities to Incorporate into Your Course

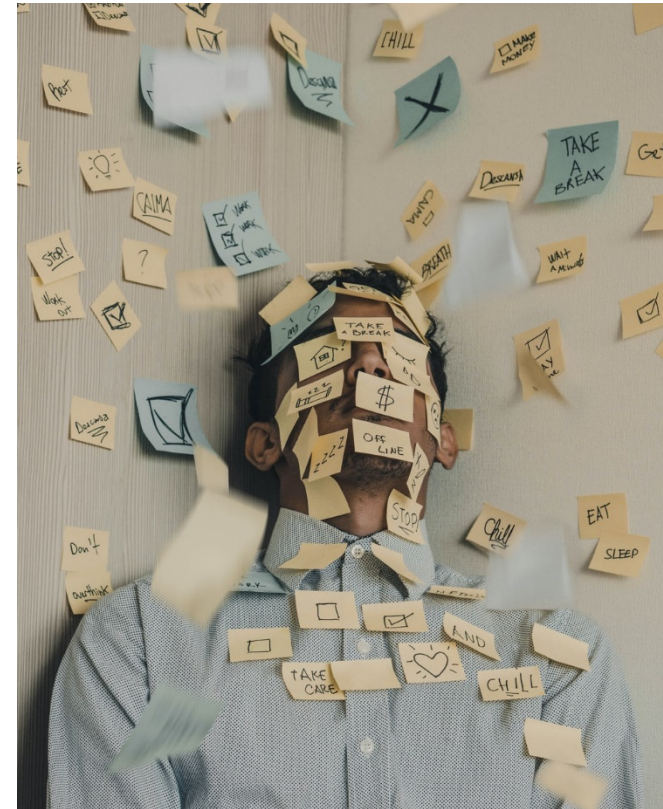
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Mindful Activities

- Build in frequent breaks
- Remind everyone to get up and stretch
- Remember some individuals have limited physical abilities
- Focus on areas of control and remind others to do so
- Encourage students to use resources, and express their concerns in a journal or talk to someone they trust

Stress: Exercise (can be discussed in groups)

- Individually, make a list of three things that cause you stress
- Identify three ways to reduce stress (see the next slide)
- Focus on areas of control



Pick 3+ Ways to Reduce Stress

- Workout
- Practice mindfulness or meditate
- Eat healthy (try at least)
- Stretch
- Avoid coffee late in the day
- Write in a journal
- Jot down what stressed you out
- Make a to-do list (simple & realistic)
- Take a walk
- Get outside
- Clean your room
- Eliminate or minimize toxic relationships
- Practice deep breathing
- Drink a lot of water
- Listen to music
- Set your own due dates
- Keep doing your fun
- Confide with someone you trust
- Talk to yourself (be honest)
- Answer “why am I in school?”

The Body's Role in Stress and Conflict

- ❖ The body reacts before the mind allowing you to know when your brain is “hijacked”
 - ❖ Notice your body's reactions
- ❖ Make physical changes to your body helps the mind and body

Body Awareness



Where does stress and conflict
get stuck in your body?

Stretch out the areas where you
feel stress

Stretches to De-stress

Be kind and listen to your body!

Yawn

Neck stretches

Cat tilts

Shoulder rolls

Walk or just move

Flex hands and feet

Circle: wrists, ankles, knees

Mindfulness: being aware of your thoughts, emotions, or experiences without judgement

Watch - YouTube: Dan Harris: Why Mindfulness is a Super Power



Know what is happening in your mind, and you can choose how to react

Find a Balance

Stress = Heightened awareness
& it creates a drive to change

Mindfulness = Relaxed and alert
& it allows greater flexibility

To De-stress: Hit Pause



- ❖ Sit with a long straight spine
- ❖ Close/narrow your eyes and breathe normally
- ❖ Notice the pause between the inhale and the exhale – repeat at least 5 times

Self-Awareness & Mind-Body Practices

- ❖ Conscious breathing
- ❖ Meditation
- ❖ Keep a Journal
- ❖ Be Gratitude
- ❖ Enjoy Nature
- ❖ Yoga & Qigong
- ❖ Mindful Eating
- ❖ Be Curious

***He who knows others is wise,
he who knows himself is enlightened.*** Lao-Tzu

Gratitude - Discuss the following:



Given the challenges due to the pandemic, what is one thing for which you are grateful?

Taking Care of Yourself: Exercise



- ❖ What are two physical activities that help you de-stress?
- ❖ When did you last do them?
- ❖ How can you make more time to take care of yourself?

Photos by Lee Pigot and Viviana Rishe

Remember . . .

*Discipline is remembering
what you want*

Right here, right now, just this.