

Mindfulness Meditations

3-Minute Grounding Practice

This meditation is ideal when you feel overwhelmed or unmoored.

1. Sit comfortably. Press your feet gently into the floor.
2. Take a deep breath in for 4... hold for 4... exhale for 6.
3. Now, look around and name:
 - 5 things you can see
 - 4 things you can touch
 - 3 things you can hear
 - 2 things you can smell
 - 1 thing you're grateful for
4. Repeat the breath. Remind yourself: "I am safe. I am present. I am in my body."

Breathing Through Overwhelm

For moments when everything feels like too much.

1. Inhale deeply, imagining your breath as a calming wave.
2. As you exhale, gently say to yourself: "This is hard, and I'm doing my best."
3. Continue with this rhythm:
 - Inhale: "I am here."
 - Exhale: "This moment is enough."
4. Stay with this breath for 2-5 minutes. Let the moment be just what it is.

Heart-Centered Breathing

A gentle practice for self-compassion and emotional ease.

1. Place your hand over your heart.
2. Close your eyes or lower your gaze.
3. Breathe in slowly, imagining warmth and light flowing in.
4. On the exhale, imagine that light softening the space around your heart.

Mindfulness Meditations

5. With each breath, silently say: "I am worthy of care. I am learning to be gentle with myself."