

Words of Wellness



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RELAX AND DE-STRESS

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*Compassion and kindness towards oneself
are intrinsically woven into mindfulness. - Jon Kabat-Zinn*

ARE YOU WORTH 5 MINUTES?

5-Minute Meditation

- Minute 1 – Breathe deeply
- Minute 2 – Find your natural pace
- Minute 3 – Stay focused
- Minute 4 – Relax
- Minute 5 – Give Thanks



Minute 1: You may close your eyes (my preference) or leave them open. Deepen your breathing (either through the nose, mouth, or both, whichever comes naturally to you), inhaling for a count of four and exhaling for a count of six.

Minute 2: Stop counting and allow your breathing to fall into an easy rhythm. Pay attention to what your breaths feel like compared to your usual pace. Tune in to the rise and fall of your belly.

Minute 3: Continue to be aware of your breath. If thoughts keep popping into your head, simply imagine each one as a cloud floating by you.

Minute 4: Release your focus on your breathing and simply sit. Remind yourself that there is nothing else you need to be doing right now and this is your mini-break.

Minute 5: Think about something that you are grateful for, such as your family/friends and also, this opportunity to meditate.

Now open your eyes (if you had them closed) and enjoy the feeling of relaxation.

Great Reads:

- Spirituality & Health magazine
- Mindful Magazine
- <http://www.rickhanson.net/rick-hanson/> (free e-newsletter "Just One Thing")

DIGITAL DETOX

1. Pinpoint the time.
 - Do you find yourself scrolling and suddenly it is 3 hours later. Use technology to track your usage! There are apps that track how much time we spend in certain programs. You may be shocked at how much time you find you actually spend on-line.
2. Fake Break.
 - We go to Pinterest, Facebook, browse the internet, thinking we are taking a break when in reality this time could be spent with real people, having real conversations.
3. Airplane Mode.
 - Find realistic times for tech-free periods. Good examples: bedtime, family meals.
4. Digital Sabbath.
 - Should be Friday night to Sunday evening.
5. Fill the Void.
 - Swap a digital habit with a better one. For example, rather than going on Facebook, call your friends.
6. Phone Stacking.
 - Everyone places their device in the centre of the table and the first to go for their phone has to pay. For example, pay for dinner or do the dishes.
7. Don't carry your phone everywhere.
 - Leave it when you go for coffee or have a visit with friends
8. Permission to unplug.
 - Leave a message, "I am unplugged, connecting with the world around me, and I will get back to you as soon as I'm reconnected."
9. Get a real watch.
 - We often use our phones to check the time. Get a wristwatch instead.