

# MINDFUL MEDITATION

## Cultivating Resilience and Wisdom



This practice is about creating space to reconnect with your natural resilience and wisdom. The objective is that you simply "tune in" to what is happening right now, without expectation of any particular result. If you remember nothing else, remember to **S.T.O.P.**

Throughout the practice, you will be asked questions to think about. Do not answer these aloud, but internally reflect on your responses.

### S:

**Stop and take stock.** Put down everything you are doing, turn away from your computer, and shut off any distractions. Bring yourself to the present moment by asking yourself, "What is my experience right now?"

- **Your thoughts**—What are you saying to yourself; what images are coming to mind?
- **Your feelings**—What are you feeling in this moment of pause? Do you feel enjoyment, neutral, upset, excited, sad, mad, or something else?
- **Physical sensations**—Are you aware of muscle tightness, holding, lightness, shallow breaths?





## T:

**Take a breath.** Gently direct your full attention to breathing, to each inhale and each exhale. Breathe normally and naturally, and follow the breath coming in and out of your nose. Perhaps follow your breathing with your internal dialogue: Think "in" as you inhale and "out" as you exhale. Take a full minute to connect with your breath.

## O:

**Observe your experience** just as it is—including thoughts, feelings, and emotions. Reflect on what is on your mind now, and gently remind yourself that thoughts are not facts; they are not permanent.

Notice any emotions present and how they are being expressed in the body:

- What is your posture?
- Are you slumped in your chair?
- Are your shoulders rigid?
- Do you feel neck tension, body pains?

Notice any sensations with curiosity and wonder. Ultimately let your attention move to the world around you, sensing how things are right now, in this moment. Rather than reacting habitually, be open and curious, and respond naturally with no expectations of the outcome. Take a few minutes to connect with this exercise.

## P:

**Proceed with something that will support you in the moment.** Talk to a friend, stretch, have a cup of tea, and return to your day with a renewed sense of calm.

Please be reminded that the Employee Assistance Program, **CCA@YourService**, offers you and your family free, confidential, 24/7 access to resources that support total well-being, from professional counseling to provider location and referrals for everyday needs, including health and wellness practitioners, support groups, volunteer opportunities, and more.

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