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Self-Care Expert to *Feel Better Now*



Mindset Musing #12 – Breathing and Meditation Techniques

Often under stress, your breath changes, your body excites, and your mind activates the inner critic. When Something Happens – and High Stress occurs – you react. If you can Stop - for at least 20 seconds – and let the first wave of adrenaline pass, you have the capacity to move out of reactivity before making a Considered Choice.

The 20 Second Stop – Notice – Accept Awareness Break

Here are the steps to this simple Meditation:

- 1) **STOP**
 - a. Pause where ever you are
 - b. Turn your focus to your inward / outer environments
- 2) **NOTICE** – for 18 Seconds
 - a. Without a need to change anything – Notice your Breath
 - b. Pay attention to what is happening in your Body, Emotions, and Mind.
 - c. Pay attention to what is happening in the environment around you.
- 3) **ACCEPT** – 2 seconds
 - a. Without needing to make anything different simply ACCEPT what you found.
 - b. Take a breath: breathe in through your nose, open your mouth and sigh it out with with an “Ah- so it is”.

Variations

- 1) If you tend to turn inward and close your eyes, instead open your eyes and notice the environment around you.
- 2) If you tend to leave your eyes open, close your eyes and notice your inner environment.
- 3) Choose a specific focus. For example: when you notice your Inner Critic, Stop – Notice – Accept the talk you are hearing.

Practice

In order to be effective at high-stress times, you'll need to “Build your Muscle of Awareness” by practicing this on a regular basis.

- 1) Do this at least 5 times each day in Low-Stress times – i.e., brushing your teeth, sipping water, watching TV.
- 2) When ready, begin to expand your Notice time to One Minute and finish with a moment of ACTION by choosing your next step.

More Meditations

- Podcasts: To download the 20 Second Break and many other Podcasts go to www.SoleilHepner.com and click on The Self-Care Center.
- Videos: To get the 20 Second Break and many other short videos, download the programmable Stretch Clock at www.StretchClockSoleil.com

Contact Soleil for assistance with this exercise - Soleil@SoleilHepner.com • www.SoleilHepner.com