

THE MINDFULNESS TOOLKIT

SKILL 1 HACKING THE BREATH

Mastering the breath is essential for mastering anxiety. Push out your stomach when you breathe in. Don't lift the shoulders on the inhalation, and make the breath slow and and long - especially on the outbreath.

SKILL 3 TREAT YOURSELF AS A FRIEND

Being a good friend to yourself means different things at different times. Commit the 5 Friendship Functions to heart and consider how you want all of these from your external relationships, but may only rarely give these to yourself: Acceptance, Compassion, Limit-setting, Self-appreciation and Forgiveness

SKILL 2 ACKNOWLEDGE YOUR FEELINGS

Make room for your vulnerable feelings. Avoiding your emotions is not the answer. Neither sink into the story - identifying too strongly with them, nor push the feeling away either. Remember - they are transitory. Breathe them through with an attitude of detachment and compassion!

SKILL 4 OBSERVE, NAME AND NURTURE

Learning to observe our thoughts and feelings as mental events is a very important part of our toolkit. This can help us feel more in control when anxiety strikes. If we can describe our feelings this also and also the content of what we are thinking, this can help us feel calmer and more emotionally safe.

