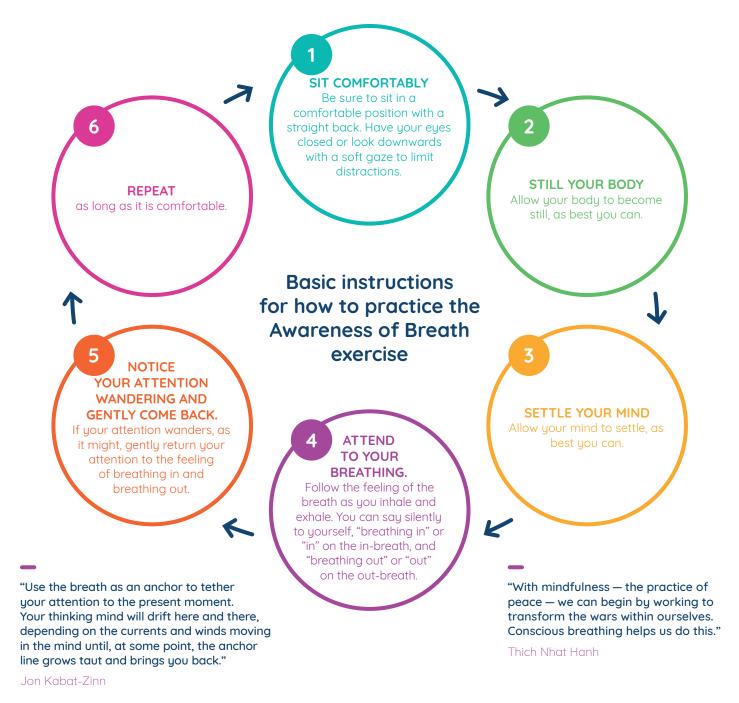
# Awareness of Breath Practice



The Awareness of Breath practice develops your attention skills and self-awareness. It can also settle the mind and help with focus and concentration.



notmyselftoday.ca

Content developed by: Michael Apollo, President & Founder, Mindful Gateway Consulting and Melissa Nigrini, M.Ed., Senior Associate, Education & Learning Specialist



# STOP Practice

NOT Myself TODAY<sup>®</sup>

QUICK REFERENCE

Try this practice to help you press pause, come into the present moment and create some space for introspection, and to get a better sense of what you are experiencing and what your options are for responding. This can be helpful in challenging moments at work or at home.

. . . . . . . . . STOP FOR A MOMENT. Take a pause from whatever you are doing. TAKE A FEW BREATHS. Don't try to control your breath; let your body breathe naturally as you follow the in-breath and out-breath with kind attention. . . . . . . . OBSERVE YOUR THOUGHTS, EMOTIONS AND BODY SENSATIONS. Try to notice what you are thinking without getting caught up by your own thoughts or perceptions. They may feel real, but they aren't necessarily true. Notice what emotions are present and try naming them. Identifying emotions can have a calming effect. Bring awareness to any body sensations, without trying to change them or push them away. . . . . . . . PROCEED WITH SOMETHING THAT WILL SUPPORT YOU IN THE MOMENT, whether that is talking to a friend or just rubbing your shoulders. . . . . . . . "Mindfulness has helped me succeed in almost "Now and then it's good to pause in our pursuit of every dimension of my life. By stopping regularly happiness, and just be happy." to look inward and become aware of my mental Guillaume Apollinaire state, I stay connected to the source of my

Dustin Moskovitz (co-founder, Facebook & Asana)

actions and thoughts and can guide them with

considerably more intention."

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## Breathing Space Practice

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QUICK REFERENCE CARD

The Breathing Space practice provides a pause to check in with what is happening in any given moment. In this practice, we pause to notice what we are experiencing with our thoughts, emotions and body sensations. We then turn to the breath for a few moments before widening our awareness to the entire body, and welcome any body sensations that are present.

The guidance for this practice is simple and easy to remember (AGE):



ACKNOWLEDGE what is present for you now in both mind and body.



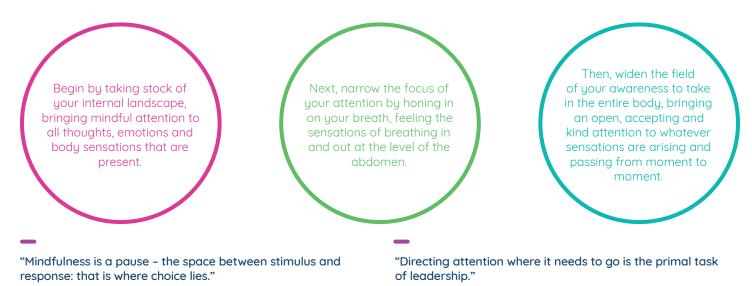
**GATHER** your attention towards the breath sensations at your belly.



**EXPAND** your attention and bring a more open awareness to your experience.

### Detailed instructions

(spend one minute, or as long as is comfortable in each part)



Daniel Goleman, PhD

Tara Brach

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Canadian Mental Health Association Mental health for all

# Additional Resources

#### QUICK REFERENCE CARD

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1 Sara Lazar, TEDxCambridge, <u>How Meditation Can Reshape Our Brains</u> (9 minutes)

- 2 Dan Harris, <u>How I Went from Skeptic to Meditator</u> (7 minutes)
- 3 Dr. Dan Siegel, <u>Discussing the Science of Mindfulness</u> (21 minutes)

### Mindfulness centres across Canada

If your city or town is not listed, please contact your nearest mindfulness centre for more information.

#### ALBERTA

The Mindfulness Institute 12603 63 Ave., Edmonton, AB <u>mindfulnessinstitute.ca</u>

#### **BRITISH COLUMBIA**

BC Association for Living Mindfully PO Box 39001, Station James Bay, Victoria BC V8V 4X8 <u>bcalm.ca</u>

Mindful Living Stress Reduction and Counselling Services 203A-2678 West Broadway, Vancouver, BC V6K 2G3 mindful-living.ca

#### MANITOBA

Canadian Mental Health Association of Manitoba and Winnipeg <u>Mindfulness Based Stress Reduction Course</u> 930 Portage Ave., Winnipeg, MB R3G 0P8

**NEW BRUNSWICK** Canadian Mental Health Association of New Brunswick <u>Mindfulness</u> 403 Regent St. (Suite 202), Fredericton, NB E3B 3X6

**NEWFOUNDLAND AND LABRADOR** MBSR St. John's mbsrstjohns.wordpress.com

NOVA SCOTIA Breathe Mindfulness Centre 46 Portland St., Dartmouth, NS breathemindfulness.ca

Living Well Integrative Health Centre 2176 Windsor St., Halifax, NS <u>livingwellihc.ca/mindfullness</u>

#### ONTARIO

The Centre for Mindfulness Studies 180 Sudbury St., Toronto, ON M6J 0A8 <u>mindfulnessstudies.com</u>

Mindfulness Thunder Bay 126 May St. S., Thunder Bay, ON P7E 1B3 <u>mindfulnessthunderbay.ca</u>

The Ottawa Mindfulness Clinic 595 Montreal Rd., Ottawa, ON K1K 4L2 <u>ottawamindfulnessclinic.com</u>

#### PRINCE EDWARD ISLAND

University of Prince Edward Island Mindfulness-Based Stress Reduction Course 550 University Ave., Charlottetown, PEI C1A 4P3

#### QUÉBEC

The Mindspace Clinic 1117 Sainte-Catherine St. W, Suite 514, Montreal, QC H3B 1H5 <u>mindspaceclinic.com</u>

Montreal Institute of Applied Mindfulness 6000 Ch de la Côte-des-Neiges, Suite 110-115, Montreal, QC H3S 1Z8 <u>mpcmontreal.org</u>

#### SASKATCHEWAN

Prairie Centre for Mindfulness 2106 Lorne St., Regina, SK S4P 2M5 <u>prairiemindfulness.ca</u>



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