

Mindfulness in Uncertain Times

Things to Try (without technology)

- Go outside, open a window, or notice the sounds in your house. Try to listen to the sounds as just noises instead of trying to think of what they are.
- Listen to a song like it's the first time you've heard it. Notice what you hear, and if you hear anything new.
- Dance to a song you like. Move your body how you want to express how you feel.
- Go for a walk (inside or outside) and pick up "treasures" that you see. Tell someone about your "treasures", draw a picture of them, or write about them.
- Try bumble bee breath – breathe IN, make "mmm" sound when you breathe OUT
- Draw, write, or build what your "island of calm" looks like. Share it with others if you want.



- - o **S**top what you're doing.
 - o **T**ake 3 mindful breaths.
 - o **O**bserve what's happening inside you and around you.
 - o **P**roceed mindfully with what you're doing or about to do.

Things to Try (weblinks and apps)

- Peaceful pics for meditation and relaxation (8 minutes with music), <https://www.youtube.com/watch?v=5x64dJMAN2M>
- Peaceful pics for meditation and relaxation (8 minutes without music), <https://www.youtube.com/watch?v=23hOxbXAtMo&feature=youtu.be>
- Guided restorative yoga practice (15 minutes), Louann McBride, <https://www.youtube.com/watch?v=nHNpvZGM95w>
- Alone Together. Yoga practices for home by Louann McBride, Guided yoga nidra (10 minute) and gentle vinyasa flow (57 minutes) available on Spotify and Anchor.FM.
- Mindfulness bell/Tibetan singing bowl meditation (5 minutes), <https://www.youtube.com/watch?v=wGFog-OuFDM>
- Touching Peace guided meditation (22 minutes), Tara Brach, <https://www.tarabrach.com/meditation-touching-peace-2/>
- Crystal Bowl meditation (15 minutes), <https://www.youtube.com/watch?v=Bw1a-pZ7Ua4>
- Tibetan Singing Bowl meditation (8 minutes), https://www.youtube.com/watch?v=2cHds_l_c3g
- Mindfulness for Teens, guided meditations, <http://mindfulnessforteens.com/guided-meditations/>
- Sesame in Communities, resources for young children and parents/caregivers, <https://sesamestreetincommunities.org/>
- Atmosphere (Android and iOS), app to relax with over 70 sounds, timer, ability to mix sounds



- Calm (Android and iOS), breathing app under Meditation (Anxiety), <https://www.calm.com/>
- 5 Best Apps to Manage Panic Attacks (Android and iOS), <http://www.calmmoment.com/mindfulness/best-apps-for-anxiety-and-panic-attacks/>

Things to Watch and Read (weblinks)

- Finding Nemo, Jellyfish scene, "Through It Not Over It," https://www.youtube.com/watch?v=TryGbC8o5_0
- Cole Imperi, "Lifted by Little Deaths" (10 minutes), <https://www.youtube.com/watch?v=W00FCKKnlyg>
- Jim Donovan Health Solutions videos, <https://donovanhealth.com/video/>
- Tara Brach, "Radical Compassion in Challenging Times," <https://www.psychologytoday.com/us/blog/finding-true-refuge/202003/radical-compassion-in-challenging-times?fbclid=IwAR2FyxUXDMUpGcJ1LoBoOIZnPJzIH6firep4OOi6KUzd5fZCIFPGJySn6-0>
- Rachel Burfield, "It's OK If You're Just Surviving," <https://thoughtcatalog.com/rachel-burchfield/2020/04/its-okay-if-youre-just-surviving/?fbclid=IwAR1ohGcu1bKUYhny7Imvz-MUpi1IqGOJZLy0tibAcMmqDJrOMW0gVgyr-sM>
- Susan Biali Haas, "It's Ok to Feel Overwhelmed and Be Unproductive," <https://www.psychologytoday.com/us/blog/prescriptions-life/202003/covid-19-it-s-ok-feel-overwhelmed-and-be-unproductive?fbclid=IwAR31R5pAygssi2SXrivVhYllxlrdf02jYxrjyZhuB6fRqZURytwThm8KQI>
- Scott Berinato, "That Discomfort You're Feeling Is Grief," https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?fbclid=IwAR31dB48SRD0fDUn-Uz8dnRWAVh3_Kpllaf-Y3L4XD7DV0WmsgDE3muAFZA
- "10 Self-Compassion Practices During Covid-19", <https://centerformsc.org/10-self-compassion-practices-for-covid-19/?fbclid=IwAR33vGpFelPnmjsJ6JW73Wbcz6bDmM1GW3m0rbpAGtQ50YpbXavSAXUSd1g>
- Lisa Roth Collins, "Recognizing Your Body's Rhythm: The Healing Properties of Music," <http://naturallysavvy.com/care/recognizing-your-body-s-rhythm-the-healing-properties-of-music>
- Carole Bourne, "12 Benefits of Humming Daily," <http://thehealthylivinglounge.com/2009/08/06/12-instant-benefits-of-humming-daily/>

To connect with someone outside your home:

- National Suicide Prevention Lifeline: 1-800-273-8255 (online chat available)
- Crisis Text Line: Text TALK to 741741
- PA crisis line to talk to someone: 1-855-284-2494 724-631-5600 (TTY)

