



## Integrating Practice into Everyday Life

- **Practice of gentle vocalizations:** Take a few deep breaths and let out an audible “Ahhhh” or “Awwww” with each exhalation.
- **Soothing touch:** Invitation to explore a soothing touch that is meaningful to you as a physical reminder to bring affectionate awareness to your experience i.e. hand over heart, or perhaps something your caregiver did for you when you were small like cradling your cheek or stroking your hair.
- **Soles of the feet:** Invitation to notice the sensation in the soles of your feet on the floor.
- **Sense and savor walk:** Invitation to notice and savour any attractive objects or positive internal experiences slowly one after another using all your senses. Be like a bumblebee going from flower to flower.
- **Pick an ordinary activity:** For example: drinking a cup of coffee or tea, brushing your teeth, taking a shower. Explore the sensory experience, immerse yourself in the experience, bring gentle, friendly awareness to the activity.
- **Ask yourself the Question “What do I need right now?”** We already know how to be self-compassionate to ourselves.
  - **Physically:** Soften the body i.e. exercise, massage, warm bath, cup of tea
  - **Mentally:** Reduce agitation i.e. meditate, watch a funny movie, read a book
  - **Emotionally:** Soothe and comfort yourself i.e. pet your dog/cat, journal, cook
  - **Relationally:** Connect with others i.e. meet friends, send a birthday card, play a game
  - **Spiritually:** Commit to values i.e. pray, walk in the woods, volunteer

- (Adapted from The Mindful Self-Compassion Workbook)
- **Loving kindness phrases:** Create loving kindness phrases, words or short phrases that are deeply meaningful to you, ones you would genuinely like to hear again and again. Offer these phrases to yourself when you first wake up and or before going to sleep i.e. may I be happy, may I be healthy, may I be free from fear and anxiety, may I know that I belong, etc.
- **Bells of mindfulness:** Choose one or a few things that you engage with during your day to be a bell of mindfulness; a reminder to come back to yourself, the here and now, your breath if even for a moment i.e. when you hear a notifications on your phone, before reading or writing an email, washing or sanitizing your hands, when you put your face mask on, etc.
- **Gratitude:** Take a moment to reflect on at least one thing that you can be grateful for about yourself or your experience. You can keep it simple, feeling gratitude for buttons, running water, any part of your body that is healthy and pain free, getting up in the morning, managing to stay awake, feeding your family, etc



For more information please visit our website [www.mudandlotuswellness.ca](http://www.mudandlotuswellness.ca)

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