



Building Mindfulness with 1-5-7*

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1. Take five minutes every morning to gently release any tension by doing some gentle stretches or concentrating on your breathing. Allow your breath to settle in the belly—expanding it like a balloon on the inhale and deflating on the exhale.
2. Shift waiting time (commuting traffic, waiting on hold on the phone, waiting in line at the grocery, etc) to mindful mini time. Allow yourself to breathe into the tension, breathing in warmth and relaxation and breathing out any pain or tightness.
3. Schedule "mindful minis" during your day. Step outside and notice the temperature or simply close your eyes and be present in the moment.
4. Choose to **S.T.O.P.** **S**=stop; **T**=take a breath; **O**=observe your mind and body; **P**=proceed with your tasks. Allow yourself to be more centered and aware.
5. Spend one mealtime each week eating mindfully and silently without distraction such as reading, checking email, listening to music. Slow your eating, becoming aware of all the senses—sight, sound, taste, smell and touch.
6. Practice mindful communication for 5 minutes. Are you in "talk" or "listen" mode most of the time?
7. At the end of the day, acknowledge and congratulate yourself for what you have accomplished and try not to focus on what you have not done.

*** 1-5-7 Mindfulness Plan = Practice 1 mindful mini, for 5 minutes, 7 days a week**