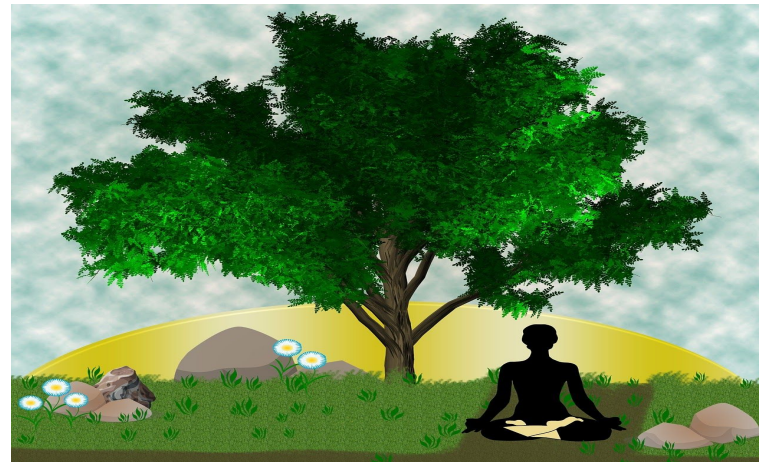


Tips for Practicing Mindfulness in a Pandemic



- Mindfulness takes practice, time and effort. Typically, you *begin the practice with 5 minutes of “mindfulness of breath.”* (Focus on breathing, be in the present/now)
- RAIN exercise: (1) Recognize - what emotion you are feeling right now? Name the emotion. E.g., overwhelmed, sad, anger, anxiousness (2) Accept - can I accept that I am experiencing this emotion even if I don't want it? (3) Investigate - How is this emotion affecting my body, thoughts and behavior right now? (4) Non-Identify with your negative emotions - know that it is temporary, doesn't define you as a person, will go away. Cultivate positive emotions and appreciate other peoples' presence in your life; gratitude.
- STOP exercise: (1) Stop what you are doing; (2) Take a break and a breath; (3) Observe - where is my attention right now? Notice sounds, body, breath; (4) Proceed - Do I keep doing what I am doing OR do I change direction/activity?
- Quick/easy ways to practice mindfulness each day - (1) be in the present; (2) telephone breath - take a mindful breath every time the phone rings before you pick up for awareness of breath; (3) red light breath - same thing at a red light while driving.
- Free app: <http://www.outsideonline.com/1926181/best-meditation-apps>