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## Put the Care Back in Caregiving

**Concept:** *Your stress & busy mind comes not from the event, but from your reaction to the event. When you react you are either in the past or future, not where your feet are planted.*

**Open focus/Mindfulness:** Promotes increased awareness through observation, which diffuses any situation or sensation present. When we learn to use this type of practice, everything going on in the moment is meant to be noticed as it is part of the unfolding experience in the moment.

1. **Ride the Wave of Breath:** Follow breath from beginning, middle, end, include the pause and back again. *It is what it is, while it is, the way it is, until it changes.*
2. **Extended Exhale:** Slow down exhale and follow breath to the end. Notice the pause at end
3. **Sigh**
4. **Concept of Coping with Stress vs. Battling the Waves:**
  - a. **Battling:** Fight or flight alarm mostly automatic and unconscious, habitual pattern of reacting unfolds. You are not in the moment. You are in reaction.
  - b. **Riding the Waves:** Awareness of everything happening in the moment without judgment.
5. **Compassion for Self, Empathy, & Loving Kindness**
6. **Mountain**
7. **Fill up with daily tasks**

**Benefits of Breath & Centering Techniques:** From Mayo Clinic/web

### Emotional:

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present moment
- Reducing negative emotions
- Ability to respond, rather than react

**Physical:**

- Allergies
- Anxiety disorders
- Asthma
- Binge eating
- Cancer
- Depression
- Fatigue
- Heart disease
- High BP
- Pain
- Sleep problems
- Substance abuse

**Daily Practice:**

- Sigh- 2 times and notice the pause
- Follow the movement (wave) of your breath for 3 full breaths.
- Follow the inhale to the pause and follow the slow extended exhale
- Add a few rounds of Loving Kindness phrases
- When finished, stand up and feel the connection of your feet beneath you adding a bit more weight into the fronts of your feet. If you are sitting, feel your sit bones in the chair and your feet on the floor. Take a look around you and notice what is actually there.

**Loving Kindness Meditation Phrases**

- May I be safe and protected and free from inner and outer harm
- May I be happy and content
- May I be healthy and whole to whatever degree possible
- May I experience the ease of wellbeing

**Uplifting Breath:** This is done without force. It is uplifting and energizing.

- Stand with feet comfortable distance apart.
- Raise arms over head with palms facing each other.
- Exhale and pull arms down toward waist, making fists with hands and bending knees softly as you pull. Repeat 10-20 times
- Now, extend the arms out in front of the waist with the hands open on and inhalation.
- Exhale and pull the arms in toward your waist, making fists of the hands. Continue to bend knees with each pull. Repeat 10-20 times.