

ZEN in TEN checklist

About Stephanie - The Mindful Mama

Stephanie is a Mindfulness & Meditation Facilitator for kids, parents and Teachers. She is also a published Children's Book Author of The Birdy Books - a book that focuses on mindfulness through positive poetry. Stephanie teaches privately, in groups, at events, in schools and her motto is: "Will travel for mindfulness!"

1) breathe baby

Breathe. In and out through your nose. Use alternate nostril breathing, four-square breathing, high-five breathing or simply focus on and listen to your breath as it moves in and out slowly from the stomach. Find a quiet spot - even a bathroom for just a few minutes.

2) calm your crazy

Calm those crazy thoughts, tame that messy mind. Write down what's overwhelming you, pay your thoughts some respect, attention and observation. Don't get carried away in your thoughts. Just observe them like a ship passing by on the ocean, and address each thought or concern as calm or crazy (for a lack of better terms) and work with the calm so the crazy can be gone.

3) master mindfulness

Being mindful means being in the present moment, focused and aware. Observing what's happening right now. Try zen-doodling, mandala coloring, taking a few moments and writing down your affirmations or what you are grateful for. A great way to do this is to start a JOY JAR. Keep it in the bathroom where you know you'll always visit, and keep a pen, paper slips, and a mason jar there. Make an effort to write down your gratitude's daily.

4) move to meditation

There are plenty of moments in your day where you can get zen in ten. Meditation is one of them. Find a quiet space, place, location - even your car. Close your eyes, breathe and listen to a guided meditation, peaceful music, or just breathe and still your mind in silence. There are some great meditation apps that can help like: " Insight Timer". Don't know how to start? Start small. one minute a day. Set yourself up for success and increase weekly, or daily. Trust yourself.

5) focus on physical

Go for a peaceful walk, hike, jog, run. Go to the gym, join a class, watch YouTube videos at home so that you can zen-out while keeping your body in shape. Not only will your body be happy, but your brain will be too as you release endorphins which trigger positive feelings in the mind and body.

Mindfulness | Meditation | Affirmations | Gratitude | Journal | Reflection

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" When you change the way you look at things, the things you look at change" - Dr.Wayne Dyer

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