

20 second Mindfulness Meditation

setting intentions for the day

Overview

- **Effects of meditation:** changing the structure of the brain
 - shrinking the amygdala
 - neuro-plasticity: neuro pathways like hiking paths in a forest
- **Helpful tips:** noticing nonjudgmental
 - Average HS graduate brain has about 10,000 thoughts per day
 - Notice and observe intrusive thoughts & guide back to focus
 - Training brain to focus, teaching a puppy to walk on a leash
- **15-20 minutes of meditation** is best, but small amounts are also effective and practice
 - Increase frequency by identifying a “trigger reminder”
 - 5-6 deep breaths can engage the parasympathetic system, “brakes”

Preparation

- **Posture:** “how am I sitting?”
- **Areas of Contact:** feet, chair, hands
- **Breath:** extended exhales engages parasympathetic system – “brakes”
- **Eyes:** closed or softened

Identify 2 Words

- **Manifest** in your day today: setting intentions for self
- **Invitation** for self for the day
 - Feeling, state of mind, awareness
- **Ask:** “How I would like to be at the end of the day, what is my ideal self?”
- **Incorporate** into meditation:
 - Visualize, listen, feeling

Practice

- **As the bell rings,** I invite you to focus inward
 - **Breath:** slow inhale, extended exhale
 - **2 words:** visualization, auditory senses or other experiences