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