

Smartphone Applications for Guided Mindfulness Meditation



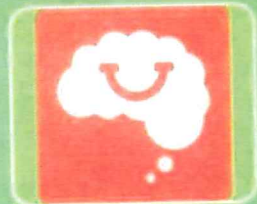
Stop, Breathe, Think



Take a Break!

grow

Grow: Mindfulness for
Teens



Smiling Minds



Take a Chill



Headspace

GUIDED MINDFULNESS MEDITATION

Websites with Guided Mindfulness Meditations

- Mindfulness for Teens: <http://mindfulnessforteens.com/guided-meditations/>
- UCLA Mindful Awareness Research Center: <http://marc.ucla.edu/body.cfm?id=22>

Smartphone Applications for Guided Mindfulness Meditation

- Stop, Breathe, Think - an application for iOS, Android, and web-based
- Take a Break! - an application for iOS, Android
- Smiling Minds - an application for iOS, Android
- Grow: Mindfulness for Teens - an application for iOS, Android
- Take a Chill - an application for iOS, Android
- Headspace - an application for iOS, Android

Walking Meditation

- 1) <http://www.meditationoasis.com/how-to-meditate/simple-meditations/walking-meditation/>
- 2) <http://www.wildmind.org/walking/introduction>
- 3) http://www.sparkpeople.com/resource/wellness_articles.asp?id=894

Guided Meditation

- 1) <http://www.youtube.com/watch?v=Tn9HQqE96Rs&feature=related>
- 2) <http://ec.libsyn.com/GuidedMeditation>
- 3) <http://hwcdn.libsyn.com/Relaxation>

Mindful Self-Compassion

- 1) www.selfcompassion.org
 - a. Links to guided meditations and behavioral exercises
- 2) www.mindfulselfcompassionforteens.com/meditations/
 - a. Links to guided meditations of various lengths
- 3) www.mindfulselfcompassion.org/resources_handouts.php
 - a. Links to guided meditations and related handouts

Relaxation Techniques

When we experience anxiety, our body enters a state called the *fight-or-flight response*. During fight-or-flight, our bodies release chemicals that prepare us to either confront or flee from danger. Immediate symptoms include a reduced ability to think clearly, increased blood pressure, sweating, tensing of muscles, and more. These changes prepare us for survival from physical threats, but they do little to help against modern stressors such as presentations, meeting new people, or long days at work or school.

Deep Breathing

It's natural to take long deep breaths when relaxed. However, during the fight-or-flight response, breathing becomes rapid and shallow. Deep breathing sends messages to the brain to begin calming the body. Practice will make your body respond more efficiently to deep breathing in the future. It helps to do deep breathing 2-5 minutes every night, even if you aren't particularly stressed.

1. Breathe in slowly. Count in your head and make sure the inward breath lasts at least 5 seconds. Pay attention to the feeling of the air filling your lungs.
 2. Hold your breath for 5 to 10 seconds (again, keep count). You don't want to feel uncomfortable, but it should last quite a bit longer than an ordinary breath.
 3. Breathe out very slowly for 5 to 10 seconds (count!). Pretend like you're breathing through a straw to slow yourself down. Try using a real straw to practice.
 4. Repeat the breathing process until you feel calm.
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Imagery

Think about some of your favorite and least favorite places. Some places instantly cause stress, and others fill us with a feeling of calm and relaxation. Our brain creates an emotional reaction just by thinking about these places—we don't actually need to be in them. The imagery technique uses this to our advantage.

1. Make sure you're somewhere quiet without too much noise or distraction. You'll need a few minutes to just be in your head.
2. Think of a place or a situation that's calm to you. Some examples are the beach, hiking on a mountain, relaxing at home with a friend, or playing with a pet.

Relaxation Techniques

3. Paint a picture of the calming place in your mind. Don't just think of the place briefly—imagine every little detail. Go through each of your senses and imagine how they feel. Here's an example using a beach:

- a. **Sight:** The sun is high in the sky and I'm surrounded by white sand. There's no one else around. The water is a greenish-blue and waves are calmly rolling in from the ocean.
- b. **Sound:** I can hear the deep pounding and splashing of the waves. There are seagulls somewhere in the background.
- c. **Touch:** The sun is warm on my back, but a breeze cools me down just enough. I can feel sand moving between my toes.
- d. **Taste:** The lemonade I'm drinking is sweet and tart.
- e. **Smell:** I can smell the saltwater and fresh air.

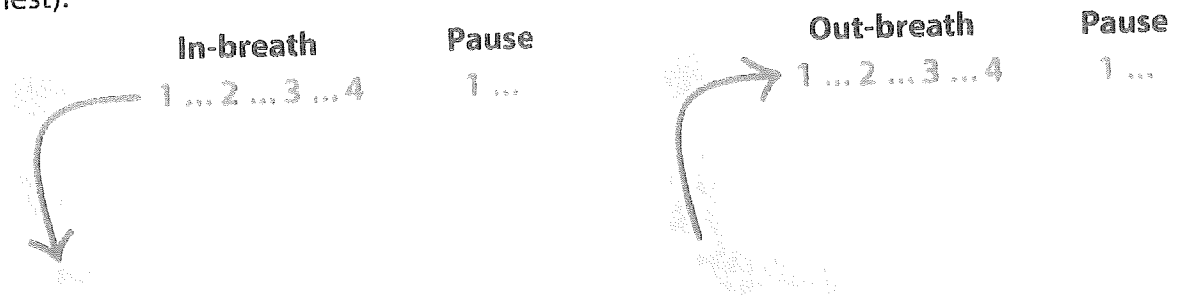
Progressive Muscle Relaxation

During the fight-or-flight response the tension in our muscles increases. This can lead to a feeling of stiffness or even back and neck pain. Progressive muscle relaxation teaches us to be aware of this tension so we can identify and address stress that we may not have even been aware of.

1. Find a private and quiet location. You should lie or sit down somewhere comfortable.
2. The idea of this technique is to intentionally tense each muscle, and then to release the tension. Let's practice with your hands.
 - a. Tense the muscles in your fingers as hard as you can. This will make your hand go into a claw shape. Notice the feeling of tension in your hand. Hold this tension for 5 seconds.
 - b. Release the tension from your fingers. Let them relax. Notice how your fingers feel differently after you release the tension.
 - c. Tense the muscles all throughout your hand to create a fist. Notice the feeling of tension. Hold this tension for 5 seconds.
 - d. Release the tension from your fist and notice the feeling of relief in your hand.
3. Follow this pattern of tensing and releasing tension all throughout your body. Begin with your toes and move up through your feet, legs, buttocks, stomach, chest, back, shoulders, arms, fingers, hands, neck, face, and finally your whole body.

Relaxed Breathing

When we are anxious or threatened our breathing speeds up in order to get our body ready for danger. Relaxed breathing (sometimes called abdominal or diaphragmatic breathing) signals the body that it is safe to relax. Relaxed breathing is *slower* and *deeper* than normal breathing, and it happens lower in the body (the belly rather than the chest).



How to do relaxed breathing

- To practice make sure you are sitting or lying comfortably
- Close your eyes if you are comfortable doing so
- Try to breathe through your nose rather than your mouth
- Deliberately slow your breathing down. Breathe in to a count of 4, pause for a moment, then breathe out to a count of four
- Make sure that your breaths are *smooth, steady, and continuous* - not jerky
- Pay particular attention to your out-breath - make sure it is smooth and steady

Am I doing it right? What should I be paying attention to?

- Relaxed breathing should be low down in the abdomen (belly), and not high in the chest. You can check this by putting one hand on your stomach and one on your chest. Try to keep the top hand still, your breathing should only move the bottom hand
- Focus your attention on your breath - some people find it helpful to count in their head to begin with ("In ... two ... three ... four ... pause ... Out ... two ... three ... four ... pause ...")

How long and how often?

- Try breathing in a relaxed way for at least a few minutes at a time - it might take a few minutes for you to notice an effect. If you are comfortable, aim for 5-10 minutes
- Try to practice regularly - perhaps three times a day

Variations and troubleshooting

- Find a slow breathing rhythm that is comfortable for you. Counting to 4 isn't an absolute rule. Try 3 or 5. The important thing is that the breathing is slow and steady
- Some people find the sensation of relaxing to be unusual or uncomfortable at first but this normally passes with practice. Do persist and keep practising