



Mind Body Spirit

THE BELLY BREATH

1. Find a comfortable position
2. Close your eyes or leave them open focusing on a spot on the floor.
3. Focus on your breath.
4. As you breathe in allow your abdominal muscles to rise
5. As you breathe out let the abdominal muscles fall
6. On the in breath count 1-2-3-4
7. On the out breath count 4-3-2-1

MANTRA BREATHING

1. Find a comfortable position.
2. Close your eyes or leave them open focusing on a spot on the floor.
3. Continue abdominal breathing
4. On the in-breath repeat the words "I am"
5. On the out breath repeat the word "Relaxed"

HEART ZONE BREATHING

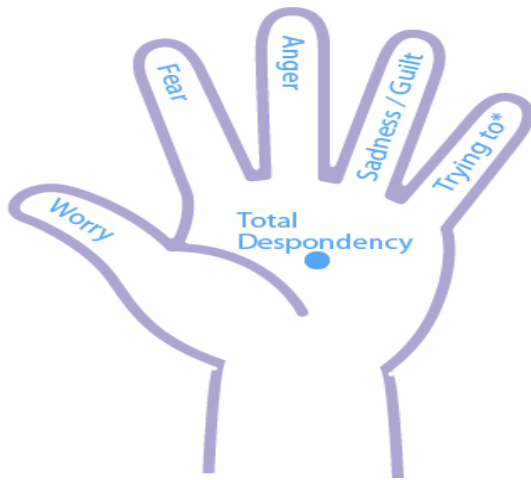
1. Place your hand over your heart
2. Feel your heart beating within your chest
3. Activate a positive emotion by thinking of a person or pet that is easy to love and for whom you feel gratitude.
4. Let that feeling expand inside your heart.
5. Create a slide show in your mind's eye of all the wonderful events in your life that have brought you joy

4 7 8 BREATH

1. Inhale through your nose to the count of four
2. Hold your breath to the count of seven
3. Exhale to the count of 8

3 QUESTIONS:

1. What am I thankful for today?
2. Who might I thank today?
3. What one thing should I be thinking of today?



Jin Shin Jyutsu is a Japanese energetic healing practice, which shares its ancient roots with acupressure and acupuncture, but does not use needles. Jin Shin Jyutsu uses the power and sensitivities of our fingers to help promote a healthy immune system, alleviate pain, balance digestion, prevent chronic fatigue, and achieve emotional equilibrium. Jin Shin Jyutsu is used in our hospital to help patients who are dealing with anxiety, insomnia, pain, fatigue and nausea.

Each finger controls specific body functions and emotions, and simply holding them individually with the fingers of the other hand for two minutes can calm and dissipate emotions such as fear, anxiety, anger and grief. See the diagram below. The fingers and thumbs can be held sequentially, or one can be chosen for a specific need. It is not necessary to hold all the fingers

APPS FOR MEDITATION:

Breathe

10 Percent

Headspace

Insight Timer

JKZ Series 2

Meditation Timer Pro

Mindfulness Simple Habit

Smiling Mind

Stop, Breathe &
Think

Take a Break

The Mindfulness
App

Sleep Stream

Zenify