



Mind and Body Compassion

Take Time to Tune In

When's the last time you noticed your breath- not only to know cognitively that you're breathing, but pausing long enough to notice the quality of your breath- is it short and shallow, or natural and relaxed? Is your exhale longer than your inhale? If not, see if you can allow your exhale to be longer. Often times we hold and tense our bodies when we are in a stressed state. What we experience emotionally tends to manifest in our bodies. So in relation to our breath, sometimes we inhale and then hold things in without feeling the relief of a full exhale.

In addition to our breath, it might feel unfamiliar to try out the concept of coming into our bodies and noticing physiological sensations. For example- am I clenching my jaw? Is my tongue stuck at the roof of my mouth? Are my shoulders raised? Do I feel heat in my body? Even though our bodies go everywhere with us, we tend to not pay attention to the information they are giving us (are we hungry, thirsty, or tired? Do we need to set boundaries? Are we calm and at peace?). Doing a body scan like this can seem uncomfortable at first if it's new to you, but also helpful and relieving to notice ourselves in this intentional way (with as much curiosity as possible!)

Progressive Muscle Relaxation

Progressive muscle relaxation is a way to recognize the difference between feeling stress and relaxation in the body. Notice what it's like to experience relaxation in your body. Here is the script as well as a guided version of a Progressive Muscle Relaxation- this is a great exercise to help reduce stress and anxiety in the body.

Body Of Compassion

Yicheng Fang



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