Mindfulness (one definition) – Maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle nurturing lens.

One easy way to practice mindful awareness is by paying attention to your breath. Mindful breathing is a focused awareness of the breath which can be practiced while sitting with eyes closed or while engaged in physical activity such as walking.

When we are triggered – when there is an external stimulus that provokes a negative reaction, it often starts a chain reaction in our body. If there is a perceived threat, the amygdala takes over, muscles tighten, blood pressure increases, breathing accelerates, adrenaline is released, and we are fight ready. While this entire cycle only takes seconds, recovering from an adrenaline spike can take hours or even days. The more that we practice mindfulness and manage our response to negative triggers, the less likely we are to experience that chain reaction.

30 Fingers Mindful Breathing Technique
- Sit with your hands on your legs, close your eyes
- Press down on your left pinky finger and count to one.
- Breathe in for 3 seconds
- Breathe out for 7 seconds
- Move to next finger and increase count to two.
- Continue moving finger to finger, counting to 30.