

Mindful Moments for “Holistic Mama Speaks” Podcast Listeners, from Esther Brandon

...a mindful moment by definition is a 1-minute mindful pause, but in practice it can be anywhere from a few seconds to a couple of minutes. A mindful moment practice is pausing briefly throughout your day to cultivate mindful awareness..

The core purpose is to accomplish 3 things:

- To act with greater mindful awareness*
- To keep stress from building throughout the day*
- To cultivate and nourish your well-being*

Make each Mindful Moment work well for you and your child or teenager— Feel free to make changes . Enjoy inventing Mindful Moments with your child.

Daily morning rituals:

- Welcome the day. Begin your day with something as simple as standing in front of a bedroom window for a brief moment to greet whatever kind of day nature has provided.
- Make your first spoken words of the day positive. Even if you wake up thinking about the challenges of the day, consciously pause and think of something simple that is positive or caring to say as your first words of the day.
- Stand up straight, *relax your shoulders—feet hip distance apart—hands and arms gently hanging at your sides—gaze softly at a spot across the room—and imagine a vortex spiraling from the top of your head through to your*

toes and back up again. Feel the energy surging through you.

- Imagine your best friend or your romantic partner describing your qualities to someone else. Take in that feeling of knowing how much you are appreciated.
- Count backwards from 100 by sevens (100,93, 86...), or 2's or 3's whatever feels comfortable. This distraction helps interrupt feelings of frustration and irritability (i.e. helps you to soften to the feelings, which often can create a shift or change, so you can more easily be with whatever is there.
- Take a “silence break” and just be quiet and still for a moment or two. A period of silence can be even more calming than music designated to be relaxing.
- Breathe out twice the amount you breathe in. This calms the nervous system. Maybe breathe in for 3 and out for 6. If it is comfortable, *In through the nose, out through the nose. Repeat*
- Place your hand on your heart and breathe deeply while remembering a time when you felt loved by someone... *just the thought is enough to release oxytocin which restores physiological equilibrium and returning you to a safe state.*

Mindful Moments throughout the day with your child or teenager :

- *Invite your child or teenager to breathe together with you for a minute or two.*

Sample breaths:

Belly breathing , imagine a balloon in your belly, as you breathe in and as you breathe out—variations:

Put 1 hand on your heart and 1 hand on your belly as you breathe in, and as you breathe out.

Breathe in and breathe out synchronizing your pace with a Hoberman sphere.

These simple breaths can: calm your nervous system, if you are experiencing hyperarousal, or energize your system if you are experiencing hypoarousal. Notice how you feel after you do each breath.

(Link for Hoberman Sphere:

[https://www.amazon.com/4Es-Novelty-Expandable-Expanding-](https://www.amazon.com/4Es-Novelty-Expandable-Expanding-Breathing/dp/B07N99K84Q/ref=sr_1_1_sspa?crid=3JNPYS241S9JE&keywords=hoberman+spheres&qid=1657268065&sprefix=Hoberman+Spheres%2Caps%2C178&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzTEpRQ1JIT01ONVA4JmVuY3J5cHRIZEIkPUEwNTk4Nzg2MjRERkswSU5HSVhLWiZlbnNyeXB0ZWRBZEIkPUEwMTg5NzQzM00yOTZDTFZCQIVJNyZ3aWRnZXROYW1IPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=))

[Breathing/dp/B07N99K84Q/ref=sr_1_1_sspa?crid=3JNPYS241S9JE&keywords=hoberman+spheres&qid=1657268065&sprefix=Hoberman+Spheres%2Caps%2C178&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzTEpRQ1JIT01ONVA4JmVuY3J5cHRIZEIkPUEwNTk4Nzg2MjRERkswSU5HSVhLWiZlbnNyeXB0ZWRBZEIkPUEwMTg5NzQzM00yOTZDTFZCQIVJNyZ3aWRnZXROYW1IPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=\)](https://www.amazon.com/4Es-Novelty-Expandable-Expanding-Breathing/dp/B07N99K84Q/ref=sr_1_1_sspa?crid=3JNPYS241S9JE&keywords=hoberman+spheres&qid=1657268065&sprefix=Hoberman+Spheres%2Caps%2C178&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzTEpRQ1JIT01ONVA4JmVuY3J5cHRIZEIkPUEwNTk4Nzg2MjRERkswSU5HSVhLWiZlbnNyeXB0ZWRBZEIkPUEwMTg5NzQzM00yOTZDTFZCQIVJNyZ3aWRnZXROYW1IPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=))

When you and your child/teenager complete **Mindful Moments** together space is expanded to **co-regulate**. Co-regulation is a **brain-relational phenomenon that occurs when two or more brains are in synchronous connection**. Basically, the brains are in tune with one another. This attunement brings a sense of connection which translates into a state of safety , which nourishes the calming of the nervous system.

- *Read a story book*
- *Watch the glitter in a mind jar settle. Notice how you feel in your body before you start watching the glitter. Notice how you feel in your body after you watch the glitter. Notice if anything shifted.*

Invite your child to watch the glitter settle. Ask your child to notice how she or he feels before she or he starts watching the glitter. Ask you child how she or he feels after she or he watches the glitter. Ask if anything feels different.

MindJar recipe: <https://heartmindkids.com/how-to-make-a-glitter-jar-for-mindfulness/>

Daily evening rituals:

- Recount your day by remembering three things you're grateful for.
- Remember 2-3 loving moments or interactions with your child, or 2 or 3 happy moments.

- Appreciate what you accomplished. Compile an “I did it list” instead of the usual “to do” list.



If you have any questions, please feel free to e-mail me
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