

# TSD MINDFULNESS

## THREE-MINUTE GUT SOOTHING EXERCISES

When our gut fields are triggered, we experience discomfort, stress and sometimes terror. Use these exercises when feeling physically uneasy, worried, nervous, or afraid.

### GUT SENSATIONS & CONCERNS

Begin by noticing any sensations in your gut. For example, *tight, hollow, full, achy, or condensed*. Then open your awareness to your thoughts. Do any thoughts naturally occur that are associated with your sensations in your gut? For example, *fear about travel, worry about a family member, or overwhelm about work*. Notice if your fear, worry or overwhelm is tied to a possible threat to your (a) physical health/safety (or someone else's), (b) your emotional state, (c) how others perceive you, or (d) how you perceive yourself (ie. negative-self talk). Give gratitude to your gut for alarming you of upcoming changes or threats, and decide for yourself the true level of threat you are facing during this moment.

### RIGHT NOW, IT'S LIKE THIS

Whether your current discomfort is a circumstance, physical sensation or fearful mindset, mindfulness helps us accept the reality of the situation. Simply stating, "Right now, it's like this," is a perfect way to bring yourself into acceptance. This simple practice allows us to accept the moment as it is.

### GRADITUDES

Identifying three aspects of your life you are grateful for, works to soothe our guts because it brings our attention back to the safety and beauty that exists in our lives. Due to our negative bias, it is easy to forgo the pleasant moments. Write three gratitudes in a journal or text them to a gratitude partner.

### FEELINGS OF STABILITY

Move your attention to your gut area. Take note of any sensations related to feelings of instability. Notice how the instability feels physically in your gut. Next, bring into your consciousness four events in your life that bring you a sense of stability. For example, your relationship with a family member, your physical home, your current job, or the sun rises and sunsets. After intentionally thinking about these events in your life, return your attention to your gut area. Notice if the physical sensations associated with instability have eased to a degree.

### AFFIRMATIONS

Before the exercise read through the affirmations and decide which ones in this moment most directly support your gut trigger. Then close your eyes and notice the sensations in your gut. With self-compassion and trust, state the affirmation. Allow several moments for your entire being to receive the affirmation – mental, physical and emotional. Repeat the affirmation and again take a pause for the words to affect your being. Do this several times and notice any changes in your mental or gut fields.

*I ease into change because I am rooted in stability.*

*I am always safe to experience my emotions, no matter the intensity.*

*I am respected more than I know.*

*I am supported and safe even though I am afraid.*

*I am safe.*