

4 Mindfulness Practices That We Need Right Now

In the middle of the chaos of the world right now, what can we do to take care of ourselves?

Let's talk about a handful of simple mindfulness practices that can be helpful.

1. **Breathe deeply into the belly.** This is one to start with, no matter where you are or what you're doing. We get caught up in our heads, stuck in a cycle of thoughts that are rarely very helpful. So to get out of our heads and into our bodies, we can do deep breathes, into the deepest part of our bellies. Do several breaths like this, maybe for 30-60 seconds if you have time. This not only calms you down, but helps you to be more present with your body and surroundings.
2. **Check on your feelings, give yourself compassion.** Turn your attention to the sensations in your body, and notice how uncertainty and fear/anxiety might feel for you right now, as a bodily experience. This, again, helps get you out of your thoughts, but also it's important to notice how you're feeling. Practice giving these feelings some space, letting them be (it's OK to feel anxiety!). Then see if you can give them some compassion, to take care of yourself when you're feeling uncertainty or frustration.
3. **Find calm in the middle of a storm.** When the world is full of chaos, can we find calm? Find your breath. Let the swirl of thoughts calm down. Notice the light around you, notice sound. Notice the beauty of the moment. Widen your awareness beyond yourself, and feel the peace of a moment of stillness. You can still take action, but from a place of calmness.
4. **Send compassion out to others.** Once you've practiced compassion for your own uncertainty and fears ... once you've found a moment of calm and centeredness ... you can open your heart to others right now. They're afraid, they're feeling anxious. Open your awareness beyond your home, to the others in your neighborhood and city, to others around the world, to your loved ones and strangers. Feel the worry they're feeling. Send them compassion, from the deepest place in your heart. Let it flow out as a healing salve to everyone. Notice how this feels. Notice how it might change how you interact with others.

Let these practices help you through this troubled time, my friends.