



# MINDFULNESS FOR EMOTIONS

## insight focused mindfulness exercise for processing emotions

### 7 steps

1. Turn the focus of your attention to an emotion you are feeling.
2. Say "Hello" to the emotion – for example: Hello stress, Hello felling small, Hello ...
3. Tell the emotion, "It makes perfect sense that you are here, given the situation you are in."
4. Take a moment to notice what comes to your awareness. In a kind and non-judgmental way, allowing whatever comes to you to be there without trying to change it or fix it or figure it out.
5. Put one hand on your chest and one hand on your stomach.
6. Taking a deep breath and – breathing out – dropping your shoulders and letting go of trying to change or fix it.
7. Notice and describe what you are becoming aware of.

Tip: Use this process for emotions as they arise, as well as after the fact. Just think back to a distressing situation and follow the same steps.

### practical mindfulness exercise for processing emotion

- Think back to a situation that has upset you or made you feel stressed.
- For a moment let the thoughts and feelings you had at the time come back.
- Try to identify which emotion stands out the most.
- Say hello to that emotion.
- Say to the emotion that it makes perfect sense you are here given the situation.
- Observe in a kind and non-judgmental way what comes to mind.
- Say to the emotion, it makes perfect sense that you are here given what I have gone through.
- Observe in a kind and non-judgmental way what comes to your mind.
- Place hand on your chest.
- Breathing out, dropping your shoulders and letting go of the urge to... change it or fix it or work it out or...

Courtesy of Insight Services.