



Tips for Tough Moments from Momfulness



1. Find the place in your body where you can most strongly feel your breath moving in and out. Whether this is around your nostrils, in your chest or in your belly, bring all of your awareness to this spot for 10 full breaths. This brings you into your body and into the present moment.
2. If you are pregnant, feel this breathing as though you can sense the oxygen in your blood moving through the placenta and into your baby. If you have an infant, hold the baby and feel the place where your breathing and your baby's breathing can be felt on your body. Pay attention to that place for 10 breaths.
3. Breathe all the way out. Focus intensely on the place where the breath stops going out and starts going in, and then on the very end of the in-breath and the beginning of the out-breath. Let those two spots, those little moments when you are neither breathing in nor breathing out, be the focus of your attention for about 60 seconds.
4. Bring all your attention to the palms of your hands and the soles of your feet for 10 breaths. This grounds your attention when it is flying all over the place, or when you are really agitated.
5. Find a word or phrase that is deeply calming, emotionally nourishing or sacred to you. For some, the words "safe" or "peace" are good. A phrase like "be still" or "be well" will work. Breathe in through your nose and say this word or phrase on the out-breath, either out loud or in your mind, until your attention feels a bit more stable.

