

MINDFUL MORNINGS: QUICK REFERENCE GUIDES



Guide 3: One-Minute Mindfulness Practices

When time is limited or for particularly busy mornings, these ultra-brief practices can be inserted throughout your morning.

1. Three-Breath Reset

Practice: Take three full, conscious breaths wherever you are

Instructions:

1. Pause whatever you're doing
2. Take a slow, deep breath in through your nose, expanding your abdomen
3. Exhale completely through your mouth
4. Repeat for three full breath cycles
5. Notice how you feel before continuing your activity

Best Used: During transitions between activities, when feeling rushed, before checking devices

2. STOP Practice

Practice: A four-step mini-intervention to break automatic patterns

Instructions:

1. **S** - Stop whatever you're doing
2. **T** - Take a breath
3. **O** - Observe what's happening in your body, emotions, and thoughts
4. **P** - Proceed with greater awareness

Best Used: When noticing stress or reactivity building, when rushing, before important interactions

3. Sensory Check-In

Practice: Quick scan through your senses

Instructions:

1. Pause and take one deep breath
2. Notice 3 things you can see
3. Notice 2 things you can hear
4. Notice 1 thing you can feel (physical sensation)
5. Take another breath before continuing

Best Used: When feeling distracted, overwhelmed, or disconnected from present moment

4. Body Scan Express

Practice: Ultra-brief version of the body scan meditation

Instructions:

1. Pause and take one deep breath
2. Quickly scan from head to toe, noticing areas of tension
3. Take a breath and imagine releasing tension with the exhale
4. Notice any shift in physical sensations
5. Continue with greater body awareness

Best Used: When noticing physical tension, before important tasks, while waiting for something

5. Mindful Minute

Practice: One minute of complete presence with any activity

Instructions:

1. Select any morning activity (brushing teeth, showering, making coffee)
2. Set a timer for one minute
3. Bring complete attention to every aspect of the experience
4. Notice sensations, movements, sounds, and thoughts
5. When attention wanders, gently bring it back
6. Continue the activity with natural awareness after the minute ends

Best Used: During routine activities that are typically done on autopilot

6. 4-7-8 Breathing

Practice: Structured breathing pattern to activate relaxation response

Instructions:

1. Inhale quietly through your nose for 4 seconds
2. Hold your breath for 7 seconds
3. Exhale completely through your mouth for 8 seconds
4. Repeat for 3-4 breath cycles

Best Used: When feeling anxious or rushed, before leaving home, after stressful news/emails

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