



HEARTS *at* HOME

Thank you for watching my video! Most of the time, when I'm speaking with other moms or friends about self-care and specifically meditation, the response typically is;

#1 - I don't have time. I completely understand this response. When I decided to carve out time each day for meditation and yoga, I had to give something up. I purposely chose to eliminate hobbies, chores and entertainment that were not necessary and that also detracted from my mental health. If you had to free up 30-60 minutes of time what could you eliminate from your daily schedule?

#2 - I can't escape my children for a quality quiet time. This takes a bit of planning. I am a very early riser so I have found that a few hours of peace before I start my day is a gift. Try to think about other creative ways to create space for an hour of time each day for self care.

In the video I discussed Mindfulness. Take a look at the Mindfulness acts below and talk through what you are actively doing and what you may try for yourself. Share your own Mindfulness Acts or how you practice.

Journaling

Breathing Exercises

Body Scan

Practicing Gratitude

The Art/Act of Noticing

Prayer

Accepting Yourself Today (loving kindness)

Practicing a Growth Mindset

I shared on my personal journey with Meditation. Is this something you are interested in?
Are you open to trying?

Resources -

Books - There is no shortage of resources on-line. Of all the books I have read I especially enjoyed 10% Happier by Dan Harris. I love books by sceptics and Dan's book is a fun read.

Guided Meditation - On-line you can find great 1-30 minute guided meditations. You'll just have to find one that feels right for you.

Apps - I used HeadSpace for guided Meditation for a few years and loved it!

Retreats - In Portland I enjoy Pause Meditation. They offer soundbaths (gong or cello), guided practices and much more.

If you are looking for a 2-10 day retreat you will need to do research. A beautiful place for a 1-2 day silence retreat is the Mt. Angel Abbey.