



Precious Present Practice



Nov. 21 – Dec. 18, 2022

Gift yourself with regular practice to pause for self-care, mindfulness, & savoring the Equally True gifts of the present moment: gratitude, joy, love, and playfulness!

The busy-ness of our lives gets especially overwhelming at the holidays. Want to learn to boost your resilience to the *disruptions* that come with life, work, and relationships? Or the *agitation* of political unrest? Or the *annoyance* of supply chain issues? Or the *anxiety* of financial insecurity? Combined, these challenges may interrupt appreciation of gifts of the season that are still there. To guard and sustain your inner peace, gift yourself first with Mindful Pause skills for resilience and well-being:

STOP...Breathe...Think...and Choose to gift yourself with alignment with the always present and equally true gifts of **gratitude, joy, love, and playfulness**.

Over the course of 4-weeks, the self-care practices are designed to help you recognize and savor the “equally true” in all our moments. Even in the presence of challenge, frustration, and upset, we can savor gratitude, joy, love, and playfulness to preserve our well-being. No doubt, life has its challenges...enduring a long/dark winter, the commitments of the holidays, and other challenging life events. And we may grow weary. But savoring the equally true helps preserve energy and mood...guiding us...

To become a master of our moments...not a victim of our day. – Coach Cami

With this mastery, **we become the gift** when we reflect these emotions back into the world through our work, relationships, and charitable giving.

How do I get started?

- Use this guide to practice a pause and track your practices each week.
- Create your own symbol that can be reminder of your intentions.
- “Be the gift” by doing/being good for others in a way that is meaningful to you. Look for opportunities for giving through work or in your community.

Savor the precious present: The gifts of gratitude, joy, love and playfulness

Practice a mindfulness activity and cultivate positivity for at least 20 minutes daily. This can be done all at one time...or spread out over the course of a day...5 minutes in morning, 5 at noon...5 at end of work day...5 before bed – or any combination to accumulate 20 minutes of resilience and peace that protects and restores. Each week will have suggested practices. For additional resources and tips visit: www.guidedresilience.com

Week One Nov. 21 – Nov. 2: Gratitude



STOP...Breathe...Think...Choose: Gratitude

We begin the Precious Present Practice with a focus on Gratitude. As we head into the Thanksgiving holiday, pause for a few moments to savor the blessings in your life. This week’s mindfulness practice invites you to cultivate gratitude. Make Thanksgiving a weeklong holiday! Gratitude has been shown to elevate mood, ease anxiety and depression, and improve sleep. Integrate gratitude into your day to achieve your 20 minutes of mindfulness goal.

Gratitude Practices:

- Infuse your day with gratitude with a Mindful Pause. Stop, breathe, and think by recalling one of your blessings and allow it to grow the sense of gratitude in your body, mind, and spirit. For an audio guide of a Mindful Pause visit: <https://guidedresilience.com/mindful-pause-meditation/>
- Practice the 3 Blessings Exercise as a self-care practice at the end of your workday: Simply pause to savor (even better – journal) 3 things that went well during your day and why. Savor and describe each blessing in a thorough but casual way.
- Write a thank you note to a friend or colleague. If you have children, invite them to craft a thank you note for a teacher, coach, or friend.
- Try this [Movement Meditation of the Blessing Bowl](https://guidedresilience.com/bleasing-bowl-practice/) or <https://guidedresilience.com/bleasing-bowl-practice/> to cultivate a mind, body, spirit of gratitude.
- Be the gift! Connect with opportunities to give generously from your heart to your family, friends, or community.

Gratitude is recognized as a very powerful mind/body emotion that can help you shift the energy and/or mood of your day. Gift yourself with the precious present of gratitude this week!

“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.” – Melody Beattie

Put a checkmark on the days that you practice a Precious Present of gratitude found in this newsletter (or one of your own). If practicing 5-minutes at a time, consider tallying your 5-min pauses each day.							
Strategy for Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Savor Gratitude							

Try to accumulate 20 minutes over the course of your day to practice mindfulness and cultivate gratitude.



Week Two Nov. 28 – Dec. 4: Joy

STOP...Breathe...Think...Choose: Joy!

Bring mindfulness to simple pleasures this week to discover unexpected joy there. Savoring joy elevates mood, gives a boost to the immune system, and alleviates anxiety. Joy can even be an “emotional contagion” that spreads to others! Joy is one contagion worth sharing. So be intentional and generous as you sprinkle joy through your day!

Insert a joy practice every 60-90 minutes to feel refreshed and shift your mood and energy level. The joy practices below can be effective when practiced for as little as 2-5 minutes.

Set a reminder to gift yourself with self-care. Choose from the list below to cultivate joy this week:

- Watch the sun rise or set – savor the beauty.
- Try smiling...even under your mask...when engaging with people. Even with a mask on, people can see a smile in your eyes...and even more, “feel” it from your heart. And just the posture of a smile triggers body changes that elevate our mood...so shift your mood by smiling during mundane or challenging tasks. SHIFT happens!
- For a daily dose of just “Good News” go to www.goodnewsnetwork.org
- Move into joy! Dance, ski, or attend a fun fitness class!
- Schedule a session with Professional Wellness Coach, Cami Smalley (cam@guidedresilience.com), to see feedback with heart-rhythm technology that shows you how positivity looks and feels.
- Be the gift! Connect with opportunities to give generously from your heart to your family, friends, or community.

“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.” ~ Thích Nhất Hạnh

Put a checkmark on the days that you practice the Precious Present of Joy for at least 20 minutes with one of the examples above (or one of your own.) If practicing 5-minutes at a time, consider tallying your 5-min pauses each day.

Strategy for Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cultivate Joy							

Try to accumulate 20 minutes over the course of your day to practice mindfulness and cultivate joy.

For additional tips and resources visit: www.guidedresilience.com



Week 3 Dec. 5 - 11: LOVE

STOP...Breathe...Think...Choose: LOVE!

This week we are mindful of cultivating love in our heart. Loving-Kindness Meditation (LKM) is a practice that connects us to love and helps us grow love for self and others. This practice has immense benefits: dissolves barriers in our heart that create separation between ourselves and others, improves concentration, transforms fear and negativity into courage and kindness, and we learn to care for and love all beings...including yourself! The practice invites you to extend a blessing to a series of targets. The blessing can be very simple:

“May you be healthy. May you feel loved. May you be protected from inner and outer harm.”

During your meditation, imagine the well-wishing traveling to the person and them feeling your blessing. Spend time with each of the following:

- **Loved One** – someone who calls up easy and uncomplicated feelings of love.
- **Self** – YOU! Picture yourself and extend the blessing to yourself.
- **Neutral Person** – someone you may not know well or with whom you find no strong positive or negative feelings. Or this could be a group of people.
- **Difficult Person** – this is where the practice can become challenging. Focus on someone of challenge to you – or a group of people or a difficult situation. Hold the same intensity of love throughout.
- **Finish with a focus on all living things.** Let the radiance of love extend to the ends of the universe.

Additional practices to cultivate love:

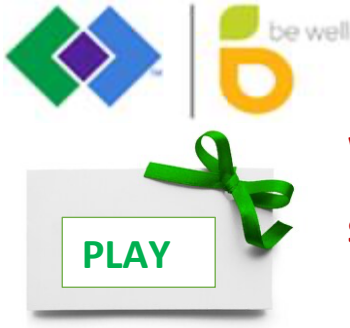
- Call a loved one or friend for conversation.
- Savor art or music or attend a theatre production that celebrates love.
- Practice a random act of kindness toward a stranger, friend or loved one.
- Wrap holiday presents mindfully...extending a blessing to each person as you wrap their gift.

“While infused with love you see fewer distinctions between you and others. Indeed, your ability to see others – really see them, wholeheartedly springs open.” ~Barbara Fredrickson, researcher, author, Love 2.0

Put a checkmark on the days that you practice the Precious Present of LOVE by one of the examples above (or one of your own). If practicing 5-minutes at a time, consider tallying your 5-min pauses each day.

Strategy for Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Loving-kindness							

Try to accumulate 20 minutes over the course of your day to practice mindfulness and cultivate love.



Week 4 Dec. 12 - 19: Play

STOP...Breathe...Think...Choose: Play!

This week we are mindful of enjoying the playful spirit of the season.

“Have regular hours for work and play; make each day both useful and pleasant and prove that you understand the worth of time by employing it well. Then youth will bring few regrets, and life will become a beautiful success.” — **Louisa May Alcott**

- Try a new winter sport: snow-shoeing, downhill or Nordic skiing, hockey, snowmobiling, or ice-fishing.
- Play outside in the snow: snow fort, snow ball fight, sledding, or ice-skating. And remember this Scandanavian adage, “*There’s no such thing as bad weather, only bad clothing*”.
- Schedule holiday baking with friends and enjoy decorating your creations.
- Plan your holiday commitments mindfully so that you can enjoy each event safely, without distraction, expectation, or overwhelm.
- Decorate your home for the holiday or with items that bring more light or playfulness into your home.
- Get out the board games, card games, darts, pool or ping pong for indoor play with family!
- Be the gift! Connect with opportunities to give generously from your heart to your family, friends, or community.

“But when play is denied over the long term, our mood darkens. We lose our sense of optimism and we become anhedonic, or incapable of feeling sustained pleasure.”

— **Stuart M. Brown Jr., Play: How It Shapes the Brain, Opens the Imagination, and Invigorates the Soul**

Put a checkmark on the days that you practice the Precious Present of Play by one of the examples above (or one of your own).							
Strategy for Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Practice play							

Try to accumulate 20 minutes over the course of your day to practice mindfulness and cultivate love.

Congratutlations on journeying through the season with gratitude, joy, love, and play!

For additional tips and resources visit:
www.guidedresilience.com