



ONE MINUTE PRACTICES

These one minute (or less) practices can be done multiple times during the day. Especially when you are busy or working hard or something unexpectedly stressful happens, it can be very important to take brief breaks now and again.

Even just taking a one minute break to do one of these practices can be helpful to restore your energy and return yourself to (or keep yourself in) your resilient zone. You can set a timer for these if you like, use a watch or clock, or just estimate a minute's worth of practice.

You can always do these for longer than one minute, and you can also combine a few 1-minute practices during a single break.

30 Second Help Now

Choose a favorite Help Now strategy that is appropriate for the current time and place you are in. Engage in your Help Now strategy for 10-20 seconds. For the last 10 seconds, notice what you feel on the inside.

1 Minute Mindfulness on the Breath:

To calm your body and prepare first, take 10-20 seconds to ground. Adjust your posture to one that is most comfortable and becoming aware of the way your body is supported. Allow your mind to just observe your breath coming in and out in a relaxed manner. If you like, you can think "I am breathing in" when you breathe in, and "I am breathing out" when you breathe out. Do this for 3 or 5 rounds of breathing. If you get distracted, just return your mind to the breath. At the end, notice what you feel on the inside.

1 Minute observing the mind:

Adjust your posture to one that is most comfortable and take 10-20 seconds to ground (become aware of the way your body is supported) or resource (bring something to mind that makes you feel better or safer). Now just rest your mind and observe whatever arises. Notice thoughts, sensations and emotions as they come and go, without any need to engage them. If you get caught up in a thought or emotion, just go back to mere noticing and observing. After 40 seconds or so, conclude by noticing what you feel on the inside.

1 Minute Grounding:

Change your posture or make contact with a physical object that you think could make you feel more grounded. Notice what you feel on the inside. If you notice a pleasant or neutral sensation in your body, pay attention to that part of your body or sensation for another 10-15 seconds.

1 Minute Resourcing:

Think of an internal, external or imagined resource that makes you feel better, safer, or greater well-being. Bring it to mind vividly (with specific sensations if possible) for 20-30 seconds. Notice what you feel on the inside. If you notice a pleasant or neutral sensation in your body, pay attention to that part of your body or sensation for another 10-15 seconds.

1 Minute conflict resolution:

Precede this with a full minute of grounding or resourcing first if possible, especially if you feel bumped outside your resilient zone. Otherwise, to calm your body and mind, just take 10-20 seconds to ground. Adjust your posture to one that is most comfortable and becoming aware of the way your body is supported. Take 10-20 seconds to identify what needs you have in the conflict situation. See if there are deeper, universal needs at play, like the need for respect, safety, trust, friendship, and so on. Now take 10-20 seconds to see if you can identify what universal needs the other person(s) in the conflict situation may have. Take a moment to think what might help them meet their needs, and what might help you meet your needs. Lastly, bring to mind the common humanity shared by yourself and everyone else in the situation: you all have needs and feelings that arise from those needs. (If time allows, you can follow this by a minute of compassion or self-compassion).

1 Minute self-compassion:

Adjust your posture to one that is most comfortable and take 10-20 seconds to ground (become aware of the way your body is supported) or resource (bring something to mind that makes you feel better or safer). Now spend a few seconds to become aware of your natural wish for well-being and to be free of distress and unwanted hardship. Remember that everyone goes through difficult times, but things are always in a constant process of change. Consider if you are pushing yourself too hard due to unrealistic expectations that you might not have for a good friend. What kind and wise thing might you say to help such a friend if they were in your situation now? Conclude by taking a moment

to send yourself positive, healing thoughts and energy in any way that feels best for you. If you like, you can visualize something that represents your own strength, resilience, and confidence (like a ball of light that starts in your heart and then grows to fill your entire body). Notice what you feel on the inside.

1 Minute compassion:

Adjust your posture to one that is most comfortable and take 10-20 seconds to ground (become aware of the way your body is supported) or resource (bring something to mind that makes you feel better or safer). Bring to mind a person to whom you would like to send love and compassion (visualize them sitting or standing before you if this is helpful). Take a moment to recognize them as a human being just like yourself, who wants happiness and doesn't want distress and unwanted hardship. Take a moment to recognize whatever hardships they are going through, have been through, or will go through in the future. Now send them your love and compassion in whatever way feels best to you. If you like you can visualize something that represents this, such as sending them a warm, healing light that emanates from your heart and gradually fills their entire body with well-being. If you like, you can also imagine saying to them, "I wish you happiness and freedom from all suffering." Notice what you feel on the inside.

See learning in a nutshell:

Social, Emotional and Ethical (SEE) Learning™ is an innovative K-12 education program being developed at Emory University for international implementation. The program provides educators with a comprehensive framework for the development of emotional, social, and systems intelligence, as well as age-specific curricula composed of easy-to-implement lessons. Thanks to a highly qualified team of advisors, including experts from the fields of psychology, neuroscience, and education, SEE Learning™ represents the state of the art in terms of trauma-informed care, social and emotional learning, mindfulness and attention training, and the science of compassion and other basic human values.