



Peachtree City Mindfulness & Meditation Group

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3 Mindful Practices to End Your Day

Being mindful at the close of your day can create an oasis of stillness and calm, setting the stage for a peaceful night. Try one or all three of the following to end your day with ease.

1. **Mindful Breathing** – Calm your mind and your body with awareness of your breath. Find a quiet space, sit comfortably, and focus on your breathing. Feel the sensation of breath when you inhale and as you slowly release the breath when you exhale. Listen to the sound of gently breathing in and breathing out. If your mind begins to wander or thoughts creep in (this is called, “Monkey Mind”) simply return your awareness to your breath. Try this for at least three minutes, or longer if you really want to feel the benefits. The benefits of mindful breathing include reduced blood pressure, a calm mind, and a relaxed body.

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2. **Body Scan** – Some say your body is like a musical instrument that needs to regularly be tuned. Spend a few moments and tune in to how your body is feeling. To start, lie down in a comfortable position, close your eyes, and systematically work your way through your body. You can begin with your feet and work your way up to the crown your head simply noticing how your body feels. Are your feet tired from standing? Are your shoulders tense? Is your neck stiff? Just notice the many physical sensations of your body. Once you have completed scanning your body, take time to relax and release wherever you find tension, muscle soreness, or stored stress. Attunement to the physical sensations of your body expands your mind/body awareness, strengthens your concentration, and reduces stress, anxiety, and worry.
3. **Gratitude** – Taking stock of what we are grateful for automatically sets us up for ending our day on a positive note. Spend a few moments and bring to mind three or more things that you are grateful for. If you want to really reap the benefits of a daily gratitude practice, record your daily gratitude list in a notebook or journal. One added benefit of keeping a gratitude journal is that on days where you are having difficulty finding anything to be grateful for, you have a record of the past. The benefits of gratitude practices are inspiring! They include: Increasing positive emotions such as peace, love, joy, and contentment, while also decreasing negative emotions (sadness, worry, guilt), improved coping with stress, reduced materialism and striving, improved self-esteem, improved immune system, enhanced spirituality and better relationships.

“End your day with a smile, a happy thought, and a grateful heart.”

~Clint Walker

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