

## Breathing

Breathing is a common anchor used in mindfulness practices. Draw your awareness to your breath as it enters and exits your body. As you breathe deeper, observe how the breath flows into your lungs, causing the stomach to rise and fall. Keep a natural rhythm in a present moment. (In 4, hold 4, out 4, 4 times)

## Emotional Awareness

Take a step away when emotions arise. Scan your body for any sensations that accompany your emotions. Relax shoulders. Notice the thoughts that accompany the emotion. Release the emotion before you are off into stories and judgements. Consciously allow compassion and experiencing feelings in a new way. Find a neutral relationship with your emotions

## Senses Scanning

**Touch:** notice all areas touching a physical surface

**Hearing:** listen to the sounds around you, include subtle vibrations that come and go

**Smell:** notice the aromas in the air around you.

**Taste:** observe the tastes in your mouth in the moment

**See:** gently and slowly open your eyes to slits, then open all the way. See the environment around you

## Mindfulness toward Emotions

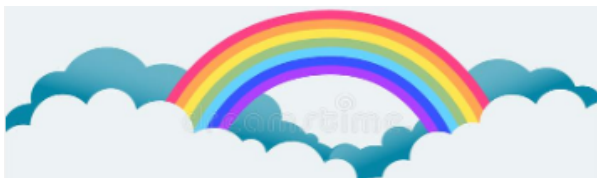
1. Turn toward the emotion: understand and accept the emotion
2. Create space by identifying the emotion: treat the emotion as a separate entity and be compassionate and curious with an open heart
3. Feel any bodily sensations that are present: create a distance to strengthen your awareness of it and witness from a quiet peaceful place
4. Impermanence of emotions: Feelings, thoughts and sensations come and go

Realize that you are not in fact your emotions; and through this realization you find strength to journey through the storms in your sails.

## Anger Remedy

*Annoyance*

- Patience
- Open-mindedness
- Concern for others



## Anger Remedy

*Frustration*

- Let Go
- Let Go of grasping at straws
- Put things in a larger perspective



## Anger Remedy

### Argumentativeness

- Make an effort to understand the other's perspective
- Have compassion or empathy
- Be charitable and kind
- Find a mutually agreeable solution



## Anger Remedy

### Exasperation

- Let Go
- Find patience
- Seek your inner calm
- Understand causes and conditions of the situation



## Anger Remedy

### Vengefulness

- Contemplate negative effects if seeking revenge
- Break the cycle of resentment and hatred through finding forgiveness



## Anger Remedy

### Fury

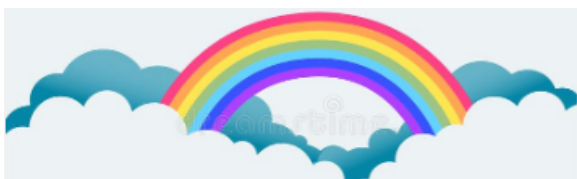
- Take a break physically and mentally
- Gaze at your fury as a raging fire and slowly let it calm down



## Fear Remedy

### Nervousness

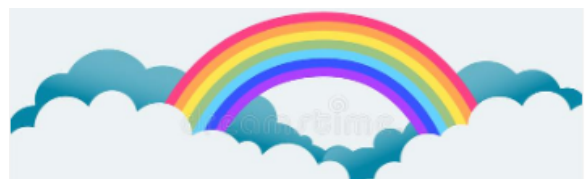
- Try to ponder what can be done
- Calm self to get the best chance to find appropriate solution to what caused nervousness in the first place



## Fear Remedy

### Anxiety

- Make a special effort of letting go of one's cause of distress regarding the past and anticipations of the future
- Slow breathing



## Fear Remedy

### *Dread*

- Calm self through mindfulness of the emotion
- See what can be done for yourself and others as well



## Fear Remedy

### *Panic*

- Make an effort to see if anything can act as a mitigating factor or extenuating circumstance to lessen the panic impact (depends on the causes involved)



## Fear Remedy

### *Horror*

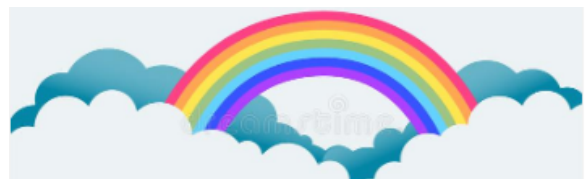
- Try acting immediately, to remedy the fear factor
- Create distance and then see if something can be done
- Respond with firmness and compassion



## Fear Remedy

### *Terror*

- Instill some calmness in the mind in order to make the most effective decision and action



## Disgust Remedy

### *Dislike*

- Impartially evaluate the degree of harmfulness to determine what triggered the dislike
- Find the best way to resolve



## Disgust Remedy

### *Self-Loathing*

- Use healthy regret to improve oneself
- Avoid pessimistic guilt
- Don't underestimate the potential for change



## Sadness Remedy

### *Disappointment*

- Understand that disappointment is natural in some circumstances
- Do not let yourself become overwhelmed
- In a place of peace, think of constructive things that could be done



## Sadness Remedy

### *Distraught*

- Understand that a permanent state of sadness and despair will not bring any real benefit
- Find someone who will let you vent without judgement



## Sadness Remedy

### *Discouraged*

- This will not remain long term
- Work through the feeling by seeing what can be done for yourself and others as well



## Sadness Remedy

### *Helpless*

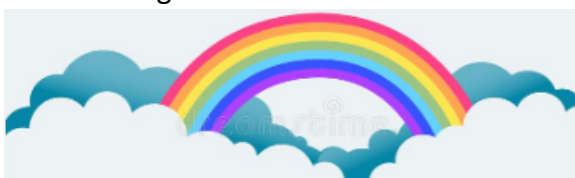
- This feeling will not remain if you can focus on what is making you feel helpless
- See what can be done for yourself by reaching out to others whose opinions you trust



## Sadness Remedy

### *Grief*

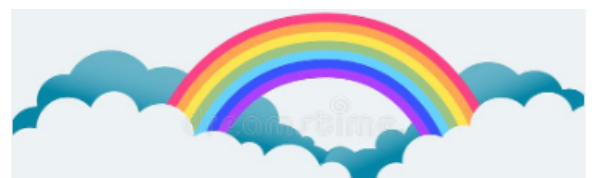
- Understand that a permanent state of sadness will not bring any real benefit
- In the case of mourning someone, falling into long-term sadness and despair should not be seen as an homage to that person
- It is better to pay homage by doing meaningful and altruistic acts



## Sadness Remedy

### *Anguish*

- Realize that things and people are impermanent by nature
- Revolting against this cannot lead to a fulfilled life



# BEAM CARDS

Be  
Emotionally  
Aware  
Through  
Mindfulness



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