

## Mindful Minute Scripts (can be used at the beginning of meetings or huddle)

### Mindful Minute (1 to 2 minutes long):

The purpose of the mindful minute is to help everyone pause, shift, momentarily, from doing mode into being mode, and help people to tune into and fully inhabit the body. While the scripts vary slightly they all contain the following same elements:

- Opening with a purposeful pause by deepening the breath
- Settling into the breath and the body
- Witnessing what is present in the body
- Labeling what's present
- Closing the practice

Once you feel comfortable with the format please feel free to use words that are your own but ensure that you include the above elements as the consistency of these elements helps people to build the habit of pausing based on the neuroplasticity principle that we rewire the brain by practicing small and often. All soft land scripts should be performed slowly with lots of spacious pauses in a tone of voice that is natural and soothing. The mindful minute can be followed by a one or two word check it by everyone stating how they are doing. This is particularly important when meeting by phone because we cannot see or sense how others are doing.

### Mindful Minute 1

*Taking a deep full breath in, and a long, slow, exhale, allowing your eyes to gently close or having a soft gaze. Another nice big breath in, and long, slow, exhale so that you can begin to feel the body release. One more deep, long, inhale, and on the exhale allowing yourself to fully arrive into this body, into this moment and into this breath. (Pause) Now letting go of any control of the breath and simply allowing yourself to be here. (Pause) Letting be all the effort it has taken to bring you here now. (Pause) Letting be all the thoughts, pressures of what is yet to come and giving yourself the gift of this moment, this time together with your colleagues. (Longer Pause) As you are ready taking a moment to turn inward and notice, asking yourself how am I now? How am I holding my day so far in my body? (Pause) Labeling for yourself in one or two words what is here for you now whether it be tension, excitement, anxiety, numbness, readiness, whatever it may be simply notice it with an attitude of curiosity and kindness. Now taking a fuller deeper breath and refocusing back together.*

### Mindful Minute 2:

*Beginning today with finding and extending the breath in the body. Taking a few deeper breaths and then allowing your body to find its own natural rhythm of breathing. Perhaps noticing where are you experiencing the breath the most readily in your body today. Whether it be at the nostrils with cooler air coming in and slightly warmer air sweeping out over the upper lip. Or you may be noticing your breath the most readily in the chest, as the chest rises with each inhale and settles with each exhale. Or you may be noticing your breath the most readily in the area of the belly as the belly expands with each in breath and releases with each exhale. It doesn't matter where, in your body you are noticing the breath,*

*and simply resting your attention there. Each time the mind wanders, as it will, as soon as you notice you have become lost in thinking, kindly, gently, bring your awareness back to where you are noticing your breath the most easily in your body (longer pause). Taking some moments to notice what is here for you now. Labelling this, no judgement is required, simply note in one or two words what is here. (Pause) And as you are ready taking a fuller deeper breath and refocusing into our virtual group.*

### **Mindful Minute 3:**

*As you settle into stillness this time noticing yourself sitting or standing...breathing. (Pause) Taking several longer, fuller, slower breaths. (longer pause) Breathing into the body. Perhaps noticing any places of tightness, tension, warmth, vibration as you scan from the brow, down through the face, neck, shoulders, torso, legs and into the feet. (long pause) Taking a moment to notice what is here for you now and labelling it for yourself in a few words. Now as you are ready taking a fuller, deeper breath and on the exhale refocus into the group.*

### **Mindful Minute 4:**

*Big breath in, long, slow, releasing breath out. Again, a nice full breath in and then really feeling the body release on the exhale. One more luscious, satisfying inhale and on the exhale allowing yourself to settle into this space, into this moment and into this breath. Noticing what is here for you now in thought, (pause) and in emotion... perhaps as a result of the thoughts. And what is here in body sensations... perhaps as a result of the emotion. No need to judge what's here, simply notice with a kind curiosity. Bearing witness to your own internal experience. No need to engage with it, simply notice, simply breathe, simply soften, simply settle. Taking a moment to label what is here in a few words like you might label a file folder to clearly describe what it contains (pause.) Now the invitation is to take a fuller deeper breath and on the exhale refocusing back together.*

### **Mindful Minute 5:**

*Beginning with a nice, big, inhale, long, slow, exhale, allowing the eyes to gently close or having a soft gaze. Take a few more deep, full, breaths in your own way, at your own pace. Now simply allowing your breath to find its own natural rhythm...knowing in this moment there is nothing you need to do, even your body knows how to breathe all by itself. Allowing yourself to rest in the rhythm of your own breathing. Feeling into the rhythm of the breath, resting in this rhythm. As you are ready taking some moments to scan through the body to notice how your body may be holding the day so far...noticing any points of tightness, tension, clenching...the usual culprits are the brow...the jaw...the shoulders...the chest...and the belly. Becoming curious about the tension that may be there, no need to judge or get lost in story about the tension. Simply label it. Perhaps by bringing awareness to the tight areas of the body you notice they may soften...or not. Simply be curious, notice, observe. As you are ready, taking a fuller deeper breath, and on the exhale refocusing into our group.*

### **Mindful Minute 6:**

*Beginning with a nice, big, inhale, a long, slow, exhale, allowing the eyes to gently close or having a soft gaze. Take a few more deep, full, breaths at your own pace. Now simply allowing your breath to find its own natural rhythm...knowing in this moment there is nothing you need to do, even your body knows*

*how to breath all by itself. How is your body breathing right now? No need to judge, simply becoming curious, noticing what's here perhaps with an attitude of friendliness. Or if this is challenging for you today perhaps you may wish to experiment with noticing the sounds that are in and around you, again with an attitude of friendly curiosity, an openness, creating space for whatever is here in sound, in the body, simply become aware, observe, witness. As we come to close this practise and with curiosity find one or two words that describes how you are carrying your day so far. Once you have these words, taking a fuller, deeper breath and on the exhale refocusing into our group.*

### **Mindful Minute 7:**

*Beginning with a nice big inhale, a long slow exhale, allowing the eyes to gently close or having a soft gaze. Taking another full, deep inhale and on the exhale perhaps really feeling your body settle (into the chair that is holding you, supporting you). Now simply allowing your breath to find its own natural rhythm. Allowing yourself to rest in this rhythm of the breath flowing in, and of the breath flowing out. Perhaps experimenting with placing your hand on your chest or your belly to really help you feel your breath. Noticing the rising and falling of the body as you breathe in and breathe out, feeling the body expand with each inhale and release, settle, with each exhale. As you are ready, taking a moment to be scan through your body noticing what's here for you now in thought, emotion and body sensation. Being curious about your internal weather pattern in this moment. Whatever it is, be it stormy, calm, variable, sunny, rainy or something else. Simply notice with an attitude of kindness. Allowing yourself to label what is here for you now in this moment. And then, as you are ready, taking a fuller deeper breath, and on the exhale refocusing back into the group.*