



Mindfulness Meditation

Weathering Emotions

This exercise is best practiced in an environment that feels safe and comfortable. In this meditation, you will be encouraged to be with your emotions. Emotions and feelings are like the weather. Sometimes it is stormy and sometimes it is sunny. It can rain hard with thunder and rain with sun coming through the clouds. Sometimes it is clear and nice. Whatever is happening, it is OK and we're not trying to get rid of anything.

Let's see if you can name the emotions and allow them to change. This will help you get space and feel like you have more influence. You don't have to take my word for it, see what you notice!

Start by finding your breath. Sensing it moving in and out at the base of your nose. Your breath is like the wind and helps to move emotions through your body.

*Breathing in,
Breathing out.*

See if you can notice if your breath is long or short, fast or slow. Now, what are you feeling? It is OK if you don't exactly know what to call it. We're learning!

Are you able to feel the emotion in your body? If so, where?

Sometimes it is hard to stay with what you are feeling, if this is true you can always come back to breathing.

*Breathing in,
Breathing out.*

Now, what are you feeling? See if you can gently name it. Has it changed? You may not like it or perhaps you do like it. Whatever it is, this is what the weather is like right now.



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Again, see if you can gently name what you're feeling now. Anger, happiness, sadness, joy, where do you sense it in the body? You can't really change it or hold on to it.

Breathing in and out.

Gently naming your emotions as you notice them.

Breathing in,

Breathing out.

Sunny days come and go. Rainy days come and go. You can trust that sometimes it feels hard and then it will feel easy. You've got this.

Well done and remember it's just a practice!