

*Aria Z Young*

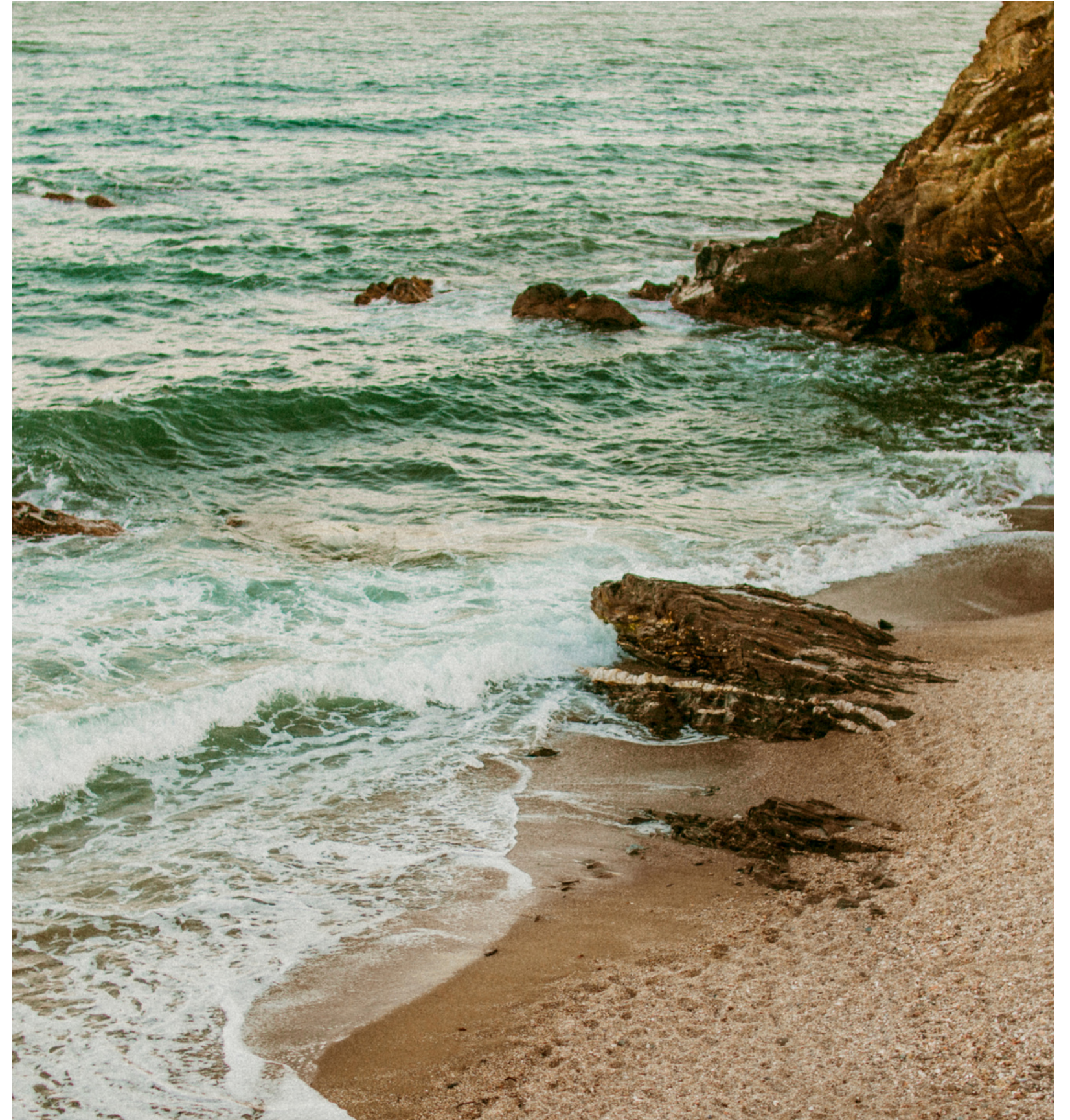
# MINDFULNESS

Stress Prevention & Energy Management



BEFORE WE BEGIN...

Let us drop into the present. Make sure you are comfortable and ready to listen and receive what is meant for you now.





# WHAT IS MINDFULNESS?

Mindfulness is a means of returning to the present moment in your life. Mindfulness is awareness. It allows us to be more compassionate and aware within our day to day lives of ourselves, of others, and of our environment.

*Mindfulness is a conscious choice we make.*





# BENEFITS OF PRACTICING MINDFULNESS

- *Reduce Stress & Anxiety*
- *Enhanced Ability to Cope & Heal*
- *Improve Social Skills*
- *Improve Focus*
- *Decrease Burnout*
- *Enhance Self Compassion*
- *Decrease Depressive symptoms*
- *Improved Health*
- *Mind-Body-Heart Connection*
- *Improved Ability to Learn*
- *Boost Resilience*
- *Emotional Regulation (Self Control)*
- *Increased Productivity*
- *Better Mood & Sleep*
- *Enhance Confidence*
- *Increase Adaptability*
- *Reduce Racing Thoughts*
- *Feel More Balanced & Grounded*
- *Gain Clarity*
- *So Much More...*



# CULTIVATING MINDFULNESS



Meditation

Walking Meditation

\*Conscious Breathing

\*Awareness Journaling

Asking Questions / Staying Curious & Open

\*Body Scan

Creating a Fluid Structure

Conscious Movement

\*Conscious Inner Dialogue

Sacred Check Ins / Pauses

\*Self Care / Self Acknowledge

Nature Gazing

\* *How do you cultivate mindfulness in your life?*



# CULTIVATING MINDFULNESS CONT.

## Awareness vs. Focus

\*What is presence to you?





*To prevent overwhelm on your being,  
I invite you to get to know your body, better.*

Getting to know ourselves and allowing mindfulness to be a space of healing, recovery, and awareness requires a sense of deep listening.

Notice how practices affect YOU.

Your body is operating in this way for a reason. Get to know it.

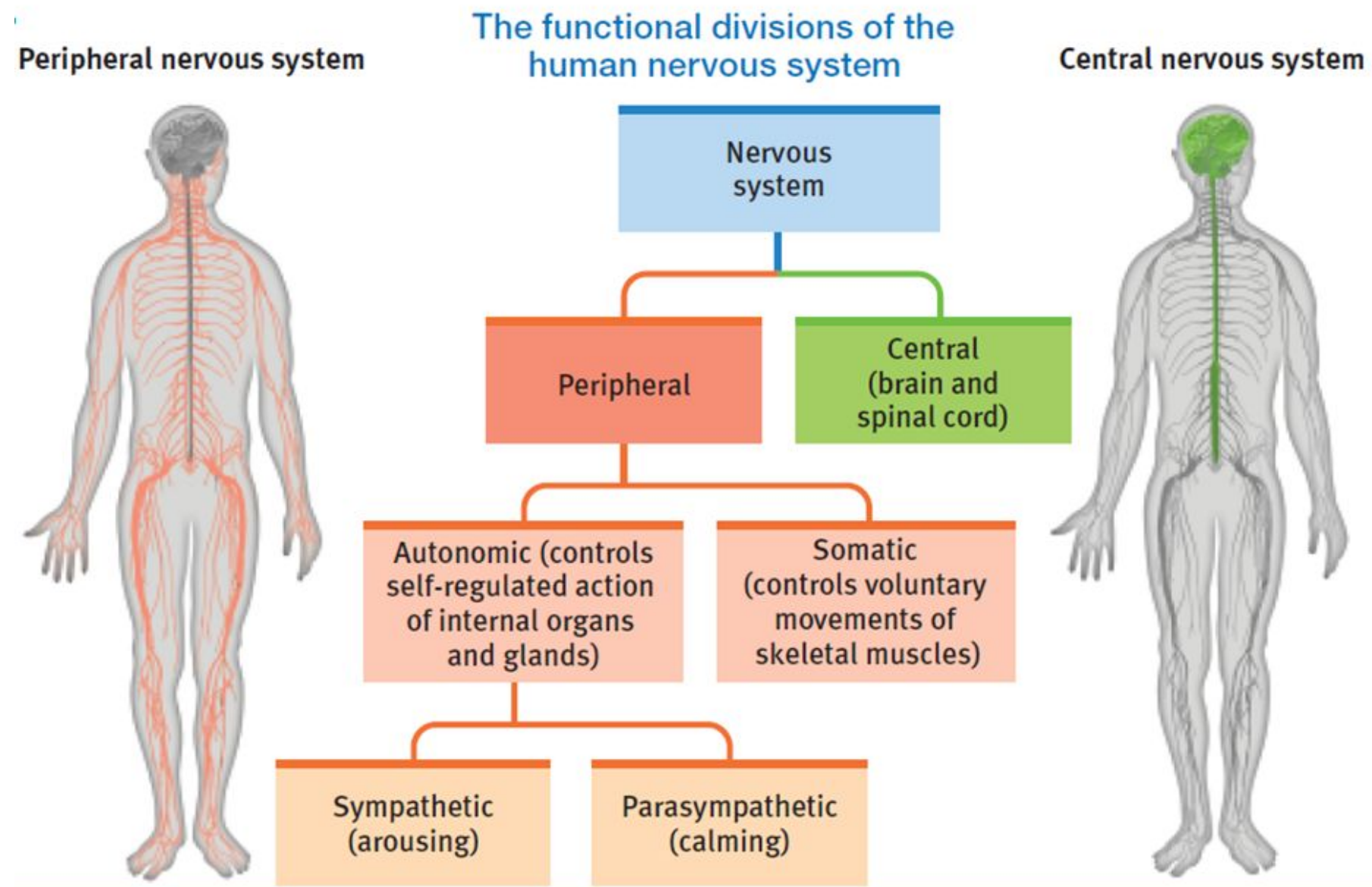
One breathwork practice may be known to calm the nerves for one person, and can actually quicken the heartrate of another person.

Stress Regulation/Management looks different to every body.  
*& it's how we create safety to be more mindful in our bodies.*



# THE NERVOUS SYSTEM & STRESS

*To truly regulate stress, we get to look at the deeper desire of our nervous system, our body, and our minds.*

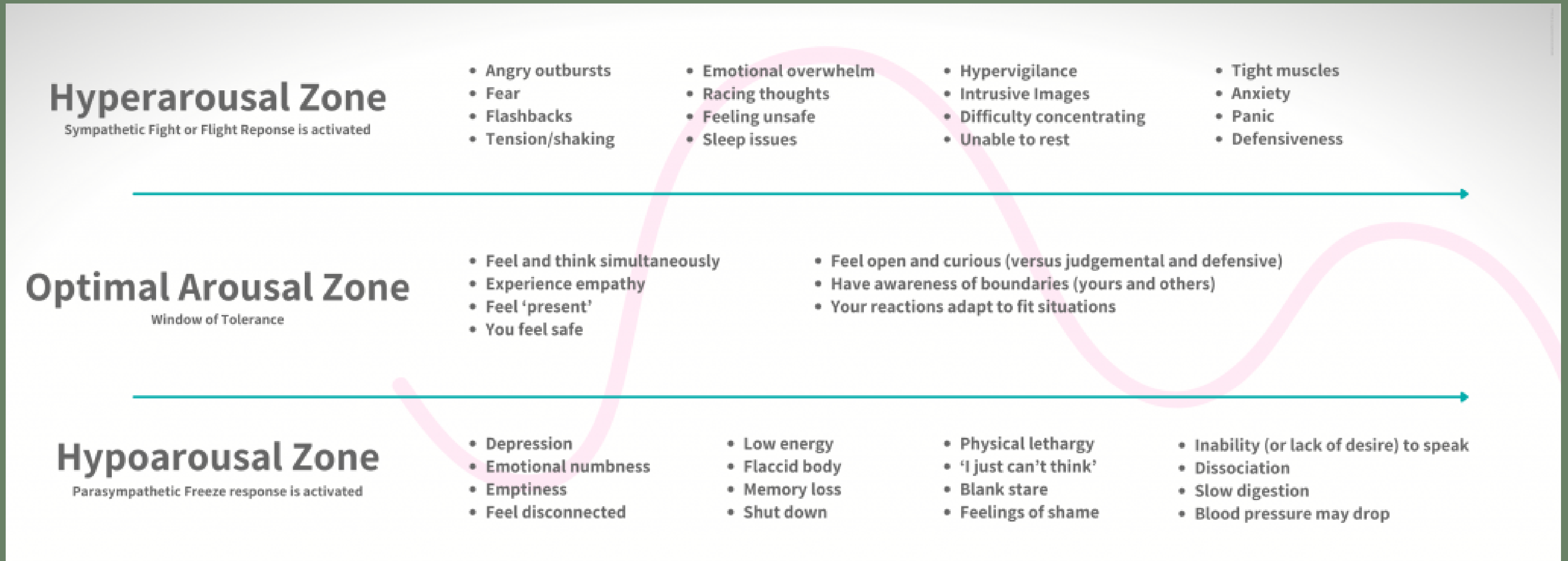


When we are overwhelmed or too stressed, our Autonomic NS may bring us into fight, flight or freeze responses.

Specific mindfulness practices are known to bring more balance to our nervous system, to bring us closer to homeostasis to navigate our lives more easefully.



# STRESS & THE NERVOUS SYSTEM CONT.



A healthy nervous system has a natural flow, it is resilient and flexible.  
We are not aiming for total calm, we are moving toward a natural wave of energy.

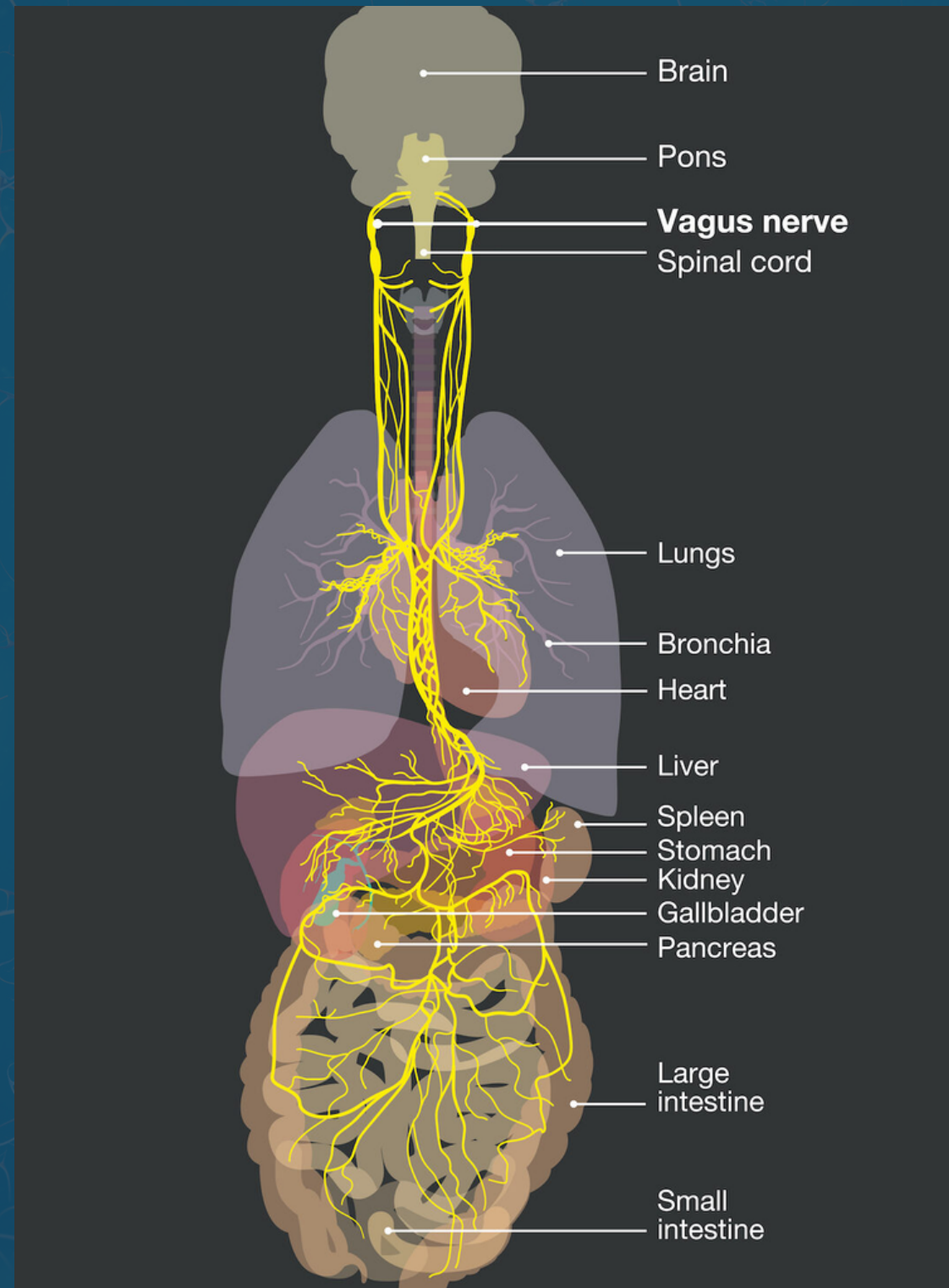


# PARASYMPATHETIC - THE VAGUS NERVE

The Vagus Nerve is a series of connections that starts at the brain stem, almost touching every organ in the body.

It is known as the epicenter of the mind-body connection, controlling our autonomic nervous system.

It is key to our emotional health and is deeply connected to our intuition.



When it is working properly, it has an anti-inflammatory role.

80% of communication within the brain to the vagus nerve travels up from the body. Most information going to the brain originates in the body.

This explains why "bottom up" regulation is so effective for when we are in survival mode (stressed).



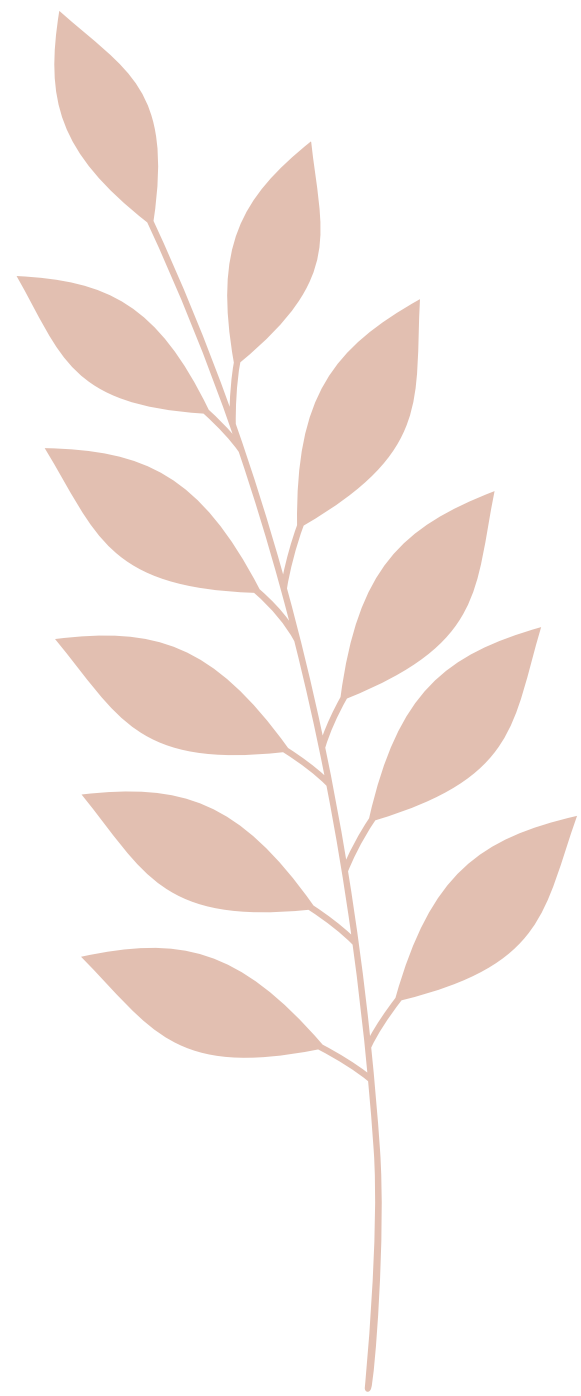
# REGULATION THROUGH DEEP LISTENING

There are subtle shifts that occur within our body and interactions that we get to pay deeper attention to for more balance, to expand the capacity of our energy, and to offer ourselves more presence in all areas of life.

Heart Rate Variability - builds NS capacity, offers adaptability and flexibility, allows us to function with more energy

Posture - the shifts influence blood pressure receptors (notice automatic shifts in posture)

Breath - inhales = heart beats faster, exhales = heart beats slower





# *JOURNAL INQUIRY:*

1. What nervous system state am I in? Can I notice the thoughts, sensations, or energy of this state?
2. What are subtle signs of stress within you? What have you noticed leads to overwhelm, stress, anxiety or shutdown?
3. What habits have you developed to regulate your nervous system?
4. What short-term benefits is this habit giving me? Does it relieve or soothe my nervous system?
5. What's my unmet need? What does my nervous system really need?



5 PRACTICES  
YOU CAN DO  
ANYWHERE

Body Scan

Breathwork

Active Listening

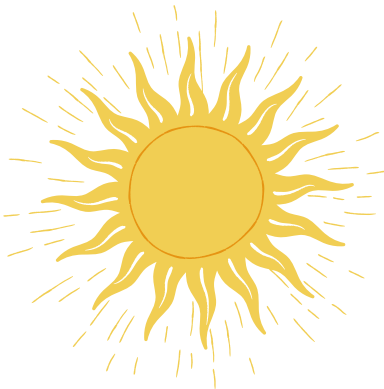
Activate 5 Senses

Conscious Chores (actions)



# BULDING BLOCKS

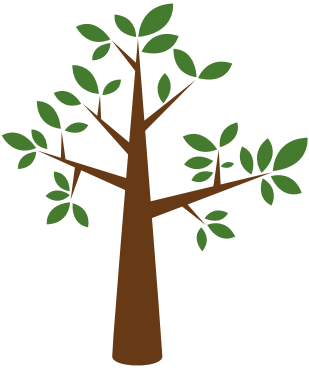
*Applying mindfulness to life*



**Awareness**



**Compassion**



**Responsibility**



**Honor**



# CAN YOU COMMIT?

*Yes! Duh. Are you having doubts? Explore them!*

Find motivation and intention.

What is your attitude around being mindful?

Experiment on when to devote yourself to this practice.

Find a spot or posture to practice.

Make an agreement to yourself

"I choose to / I agree to \_."

\* Write down your agreement and assignment.



# LET'S TALK ENERGY



I teach based on the idea that everything is energy and this is what unites us all. Everything is vibrating at specific frequencies and different speeds, we simply cannot see it.

We are working with energy every day of our lives without being consciously aware of it.

*What is within is without.*

Have you ever noticed any patterns in your life?

Where are you focusing your energy?  
Can you see the Lessons and Opportunities?

*\*You are letting the world know what is important to you!*



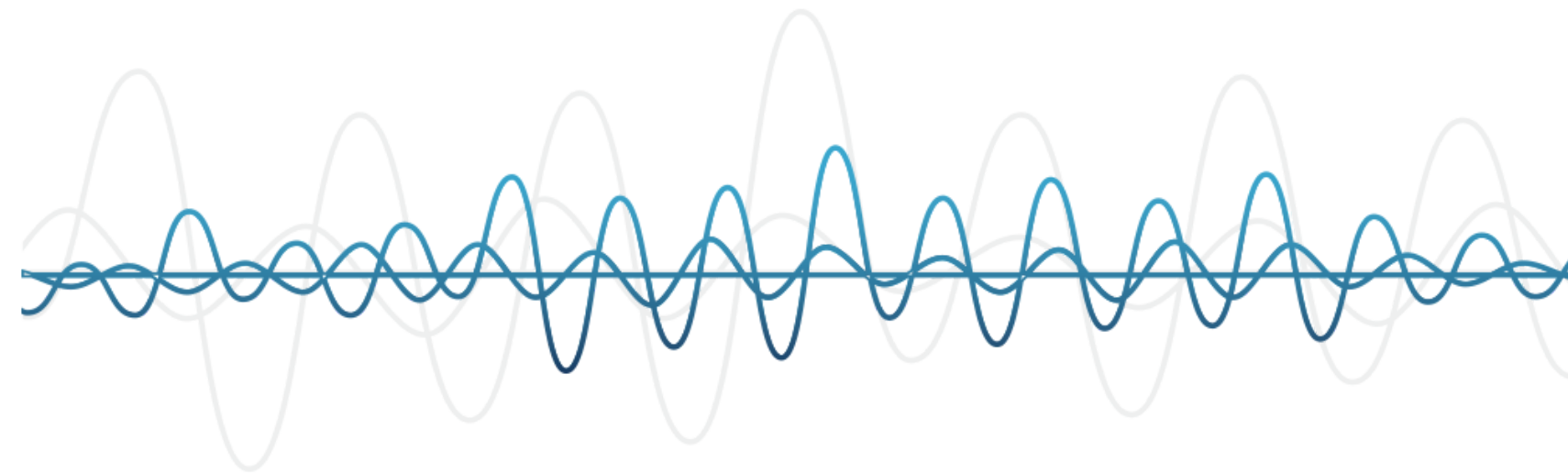
# YOUR ENERGETIC MAKEUP

Physical

Emotional

Mental

Subtle



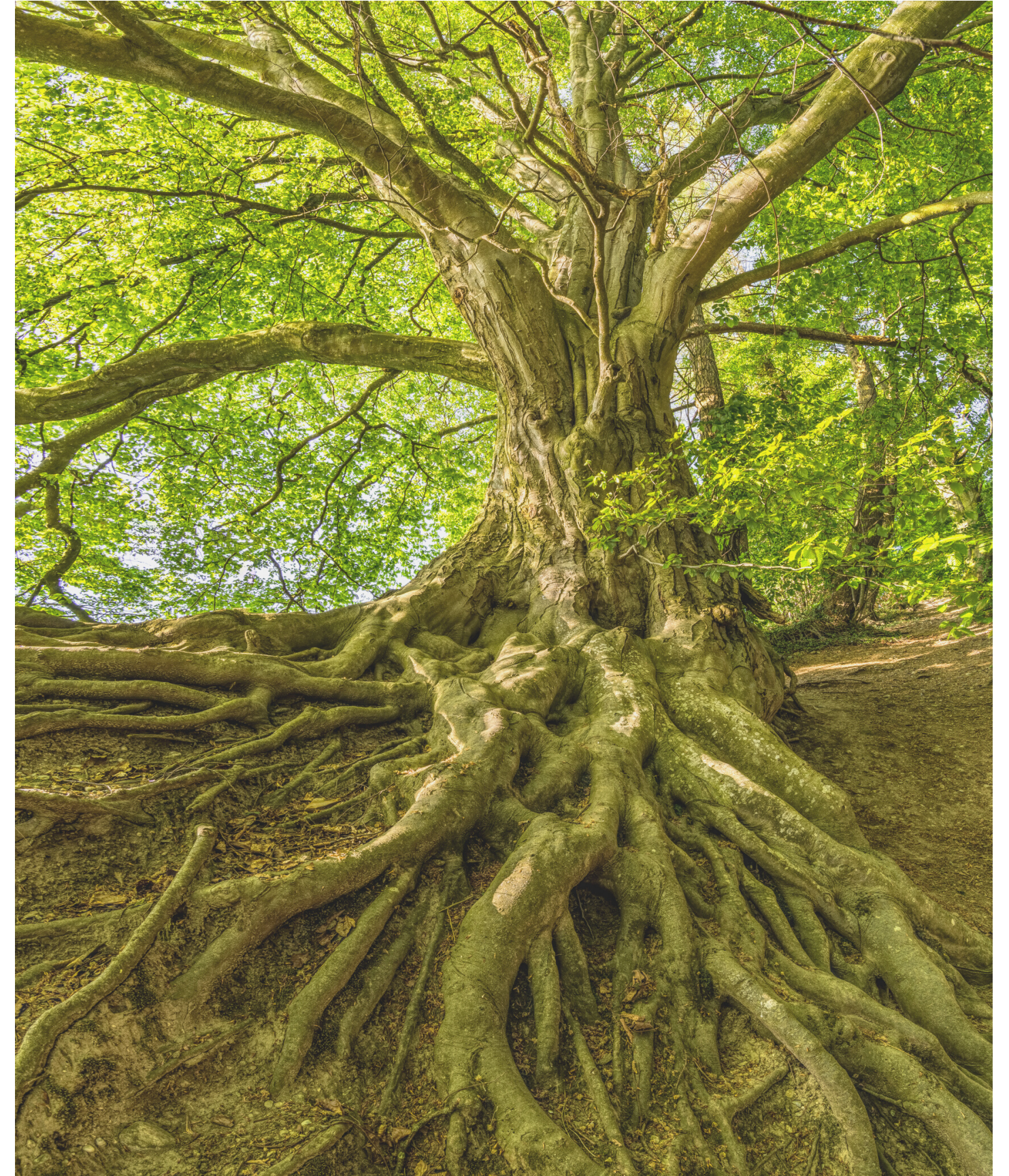
\*Can you make an agreement to take care of all parts of you?  
To be mindful of yourself?



# WHERE IS YOUR ENERGY GOING?

Take some time to create your  
*Tree of Lifeforce Energy.*

It's time to really see how much you do, how much  
of your energy is occupied and how your energy  
feels within these areas.





168 HOURS  
IN A WEEK

**HOW MANY HOURS A NIGHT DO  
YOU SLEEP?**

x7



**HOW MANY HOURS A DAY DO YOU  
WORK?**

x7

**HOW MANY HOURS A DAY DO YOU  
VOLUNTEER?**

x7



**HOW MANY HOURS A DAY DO YOU  
EAT OR ORDER FOOD?**

x7

**HOW MANY HOURS A DAY DO YOU  
COOK OR GROCERY SHOP?**

x7



**HOW MANY HOURS A DAY DO YOU  
CLEAN?**

x7

**HOW MANY HOURS A DAY DO YOU  
PRACTICE SELF CARE AND LEISURE  
TIME?**

x7



**HOW MANY HOURS A DAY DO YOU  
SPEND WITH  
FAMILY/KIDS/PARTNER/FRIENDS?**

x7

# HOW MANY HOURS DO YOU HAVE LEFT IN YOUR WEEK?

Add all those hours and subtract your  
total from 168



**WHAT WILL YOU CHOOSE TO DO WITH YOUR  
TIME?**

**WHERE CAN YOU ADJUST YOUR SCHEDULE?  
OR CREATE A NEW ONE!**

Take a moment to reflect on how your  
time is spent.





# Deep Breath



# Thank You!

May the long time sun  
Shine upon you  
All love surround you  
And the pure light  
Within you  
Guide your way on

[Return to Your Agreements](#)

[www.AriaZYoung.com](http://www.AriaZYoung.com)





*Aria Z Young*

MINDFULNESS  
PRACTICE GUIDE

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# CULTIVATING SELF MINDFULNESS

**Here is a simple list of mindfulness practices.** Your cultivation practice can be a mix of any of these, one of these, or something else entirely. Choose one to devote to daily, and allow it to change and evolve with you!

- Meditation
- Walking Meditation
- Conscious Breathing
- Conscious Movement (yoga, exercise, stretching, dancing, walking)
- Journaling (in the morning or night, allowing words to flow)
- Gratitude Journal
- Conscious Inner Dialogue
- Asking Questions / Staying Curious & Open
- Body Scan
- Self Check Ins / Pauses
- Self Care / Love
- Nature Gazing (sitting with the elements of water, earth, fire, air)
- Creating a Fluid Schedule that allows room for mindful moments

# 5 PRACTICES YOU CAN DO ANYWHERE

## **Body Scan**

Starting from your toes, bring your awareness to each part of the body while slowing down your breath. Imagine or intend that each body part you scan as you rise up the body begins to relax and release tension. Use your breath to assist you in relaxing the body.

## **Breathwork** (see page 3 for breathing exercises)

Place your hands comfortably on the body and begin to breathe slowing in and out, feeling your belly and/or chest rise and fall with your breath. You can find more specific breathwork exercises on page 3.

## **Active Listening**

Practice deeper presence by listening to others. Respond by repeating back to them what they shared with you ("What I am hearing is..."). Bring your focus to their presence and their share. It may also be a fun practice to active listen to audiobooks, calls and/or learning opportunities.

## **Activate 5 Senses**

Use each of your senses to bring you back to presence anytime. Adjust the smell and/or sound in your space when you shift gears. If you've been focusing your eyes on something, take a break to lift your eyes and widen your gaze to your surroundings. If you feel you are getting tired or dissociative, bring your focus to something in your space and notice every detail. Use your sense of touch and eat food without distractions, being present with the feeling and taste.

## **Conscious Chores** (actions)

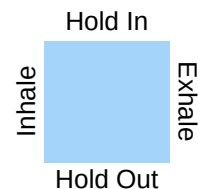
When cleaning, cooking, eating, or doing any action, intentionally practice being more present with the task at hand rather than following thoughts and stories of the mind.



# BREATHWORK PRACTICES

**These breathwork practices can be done anywhere!** Inhale and exhale out the nose unless otherwise stated. Listen to your body and set your own pace/counts for your breaths. You can start with 3 counts or 3 breaths. Use these according to how your body responds to them at any given time.

- **Cleansing Breath** - slowly inhale fully in through the nose, filling up your belly with air, and exhale out the mouth with a sigh or sound to release
- **Deep Belly Breathing** - slowly inhale in through your nose, filling up your belly with air, and exhale slowly out the mouth. this is known for relaxing and grounding
- **1:1 breath** (inhales and exhales same length) - known for balancing
- **1:2 breath** (exhale twice as long as inhale) - known for relaxing, activating parasympathetic nervous system
- **2:1 breath** (inhale twice as long as exhale) - known for energizing, activating sympathetic nervous system
- **Box Breathing** - inhale, hold, exhale, hold breathwork for balancing the nervous system
- **Bumblebee Breath** (long hum on exhale) - your voice's vibration is healing to your body. known as a relaxing and releasing practice



# NERVOUS SYSTEM SUPPORT

## Journal Prompts to Check In With Your Nervous System:

- What nervous system state am I in? Can I notice the thoughts, sensations, or energy of this state?
- What are subtle signs of stress within you? What have you noticed leads to overwhelm, stress, anxiety or shutdown?
- What habits have you developed to regulate your nervous system?
- What short-term benefits is this habit giving me? Does it relieve or soothe my nervous system?
- What's my unmet need? What does my nervous system really need?

## Simple Supportive Practices to Reset the Nervous System:

- **Cleansing and/or Deep Belly Breaths** - take 3 deep breaths with one hand on your heart and one hand on your belly. Do this frequently throughout the day as a pause, a return to center.
- **Shaking** - bounce, shake, and dance to release unwanted energy in the body and to improve circulation. Let the earth take any excess energy. While you shake, breathe in through the nose and exhale with sound out the mouth. Take it at your own pace and intensity. Take your time coming back to center as you finish.
- **Intentional Cleansing Shower or Bath** (you can also splash cold water over your face with care to refresh)
- **Place your hands and/or feet on the earth to balance your energy**, to release, and ground.





*Aria Z Young*

THANK YOU FOR DIVING  
INTO MINDFULNESS &  
TAKING CARE OF  
YOURSELF ♡

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