

Self-Care: Meditation Script

Self-Care: Using mindfulness to prevent burnout (8 Min)

Offer basic instructions:

- *It is best to sit up in a position you can maintain for about five minutes. It is also okay to sit back if that is most comfortable.*
 - *Feel your feet resting on the floor or on the surface supporting them.*
- *Ideally, your back is straight, but not stiff, and your belly should be soft. A straight back and soft belly shows your strength and your openness as a caregiver.*
- *Hands can be at your side, or in your lap.*
- *Depending on your preference, eyes can be closed or slightly opened. If you become sleepy when your eyes are closed, it can be helpful to open them.*
- *I will sound the bell three times to begin, and once to end the meditation.*

Sound the meditation bell.

After a moment or two of silence, speak aloud...

- *Gently let your attention find its way to your breath. Notice the sensations of the in-breath and the out-breath.*
- *There is nothing to change. Just notice what it feels like to breathe. Notice the rising and falling of the chest or belly. Notice the feeling of air moving in and out the nose or mouth.*

After a moment or two of silence, speak aloud...

- *Now, let your attention rest upon the sensations in your body. What do you notice?*
- *Scan your body to see what you find. Is there any tightness or tension you experience? Are there any areas of ease or lightness? Without judgment, simply observe the areas of the body you notice.*

After a moment or two of silence, speak aloud...

- *Return to the breath. Follow the in-breath and the out-breath. Try to keep your attention on breathing.*

After a moment or two of silence, ring the bell once to end.