

What did I learn?

Summary of exercises

Exercise	Purpose	Directions
Focused attention	Strengthen your ability to focus	Find a position that is both relaxed and alert. Notice your breathing. Your mind will wander. Notice the mind has wandered. Return attention back to breath. Repeat for 1 min or more.
Mindful email	Notice emotions; respond to email more effectively	When you go into your inbox, pause, notice your underlying emotional state, and observe how it feels in your body. Consider writing it down on a piece of paper. Noticing emotions makes you more objective to them.
Noticing goodness	Improve outlook	Look for the good things that are around you right now. Nothing is too small. If you are struggling to find anything good, notice breathing in oxygen and being grateful for our atmosphere, or hearing sounds and being thankful that you can hear.
Just like me	Increase empathy	Pick someone and start to notice the similarities you both share. This person has thoughts, feelings, and emotions, just like me. They have hopes, dreams, and goals, just like me. They have fear and anxiety and social pressure, just like me. etc.
Wishing well	Improve outlook AND increase empathy	Find someone within sight, take a deep breath, and silently wish them well. Imagine that you are sending good vibes such as that you want them to have an amazing day. You can also combine this with the 'just like me' exercise.
One breath	Activate your thinking brain	Pick an activity that you do every day, such as brushing your teeth, showering, or sitting down. Take a deep breath before or after that activity. You can also do this exercise in moments where you find yourself stressed, or to help with more thoughtful responses.