**Anxiety Workshop Mindfulness Activities**

* **Module 1**
  + Sleep countdown: Begin with an inhale on 10, exhale at 9, inhale at 8, exhale at 7, so forth and so on until you reach 0. At the next round begin at 9 and countdown until 0. Next round start at 8, next round at 7, so forth and so on. Breathe as you normally would, no need to change the pace or nature of your breathing, only attach the numbers. If your mind wanders, it can be helpful to visualize the numbers or other counting images as you do this exercise.
* [Heal Your Relationship with Your Body [10-Minute Mindfulness Meditation]](https://www.youtube.com/watch?v=plp3rDq6rq8)
* <https://www.youtube.com/watch?v=plp3rDq6rq8>
* **Module 2**
  + [A 6 Minute Mindful Progressive Muscle Relaxation](https://www.youtube.com/watch?v=9x3tl81NW3w)
  + <https://www.youtube.com/watch?v=9x3tl81NW3w>
* **Module 3**
  + ["Leaves On A Stream", Mindfulness Exercise With](https://www.youtube.com/watch?v=jovZDkEnFng" \t "_blank)

[Naomi Goodlet](https://www.youtube.com/watch?v=jovZDkEnFng" \t "_blank)

* + <https://www.youtube.com/watch?v=jovZDkEnFng>
* [](https://www.youtube.com/watch?v=ROw29aMmjE4)**Module 4**
* [“Training the Puppy” Guided Mindfulness](https://www.youtube.com/watch?v=ROw29aMmjE4)

[Meditation](https://www.youtube.com/watch?v=ROw29aMmjE4) (Stopped at 6:30)

* <https://www.youtube.com/watch?v=ROw29aMmjE4>
* **Module 6**
* [5-Minute Self-Compassion Break (2:05 – 7:44)](https://youtu.be/NJ826Hu_qcU?t=125)
* [https://youtu.be/NJ826Hu\_qcU?t=125](https://www.youtube.com/watch?v=KAuBXTTaXVU)



* [Moment to Pause Meditation](https://www.youtube.com/watch?v=w-yF9EMkE88)
* https://www.youtube.com/watch?v=w-yF9EMkE88
* **Bonus**
* [Mountain Meditation](https://www.youtube.com/watch?v=UuQtqxEAx6w)
* <https://www.youtube.com/watch?v=UuQtqxEAx6w>
* **Module 5**
* Emotion-focused poem and visualization

**The Guest House**

This being human is a guest house.  
Every morning a new arrival.

A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!  
Even if they are a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably.  
He may be clearing you out  
for some new delight.

The dark thought, the shame, the malice.  
meet them at the door laughing and invite them in.

Be grateful for whatever comes.  
because each has been sent  
as a guide from beyond.

— Jellaludin Rumi,

**Reflection questions:**

1. Who has been visiting you lately? Do you know why?
2. Do you tend to reject your own feelings and emotions? If so, what makes you want to push them away?
3. Can you accept everything about yourself without apologizing, blaming, or regretting? If not, what gets in the way of being able to do so?
4. Can you envision a time when you’re grateful for all the visitors who come to your guest house?
5. Who needs to leave? And how can you treat them with respect while they are guests in your house?