



MANAGING MINDFULLY THIS HOLIDAY SEASON WORKBOOK

CREATED BY



CENTRE FOR
Mindfulness
Studies

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The holiday season is often a time of giving and receiving. It is also commonly a stressful time for a number of reasons, and now we can add the effects of the pandemic to that list. Giving to ourselves is equally as important as giving to others during this time. Try this 30-minute movement practice to do something nice for you and your body.

A yoga mat can be helpful, as might a pillow or blanket. Remember to always move within your limits – no need to push – simply taking pleasure in the movement of the body in any way that is possible. **The body was meant to move. So let's begin!**

TIP: Spend 1-2 minutes on each movement for a total of about 30 minutes.

- *Coming to standing with feet hip width apart and closing the eyes; turning the attention inward for a few moments.*
- *Now placing a hand on the belly and the other on the chest, placing attention on the movement of the breath in the body and any sensations noticed here.*
- *And now bringing the hands up to the head and begin tapping all over the skull with the fingertips of both hands.*
- *And now rubbing the palms together until you are feeling warmth and then palming the eyes and breathing here.*
- *And now gently moving the hands apart laterally, bringing the heels of the hands under the chin and the palms resting on the cheeks and breathing here.*
- *And now stroking the lips – top and bottom – 5 x – really tuning in to how the lips feel.*
- *Bringing the right ear to right shoulder, holding it here and breathing in and out – 5 x – and then bringing the left ear to the left shoulder and breathing in and out – and now rolling the head in circles one way...*
- *... and then the other way.*





- *And then with arms by your sides, rolling the shoulders in circles one way – 5 x...*
- *... and then the other way – 5 x.*
- *Inhaling, raising the arms slowly over head, palms facing one another, and on an exhalation lowering them. Repeating this motion 3 x in your own time.*
- *Finally bringing the arms to your sides, resting here for 5 breaths – breathing in for a count of 4 and out for a count of 8 with eyes closed.*
- *Now, crossing the arms, bringing the hands to opposite shoulders and slowly rubbing the hands up and down the upper arms a number of times. Remembering to breathe.**
- *Opening the eyes if they have been closed and dropping the chin to chest – gradually rolling the body forward all the way down as far as possible, resting here, breathing, and then coming up slowly, bringing the head up last. Do this 5 x and gradually coming to standing. Exhaling on the way down; inhaling on the way up.*
- *And now, bringing the legs a leg length apart, arms loosely hanging by your sides, and beginning to swing the body side to side – 10 x. Letting the arms swing, tapping the body as you twist.*
- *Slowly coming on to stillness for a moment and closing the eyes, bringing the attention to the breath and its movement in the body, resting here.*
- *Now opening the eyes, making your way to the floor, coming on to your back. Bringing the knees to the chest and rotating them in one direction and then the other. Repeating this motion 5 x in your own time.*
- *And then feet a little wider than hip width apart and dropping the knees to the right, arms at shoulder height and look to the left, breathing here.*
- *And then bringing the knees to the left side and looking to the right, breathing here.*
- *And now extending the legs, arms by your sides, allowing the feet to fall away from one another, closing the eyes and breathing here, breathing in and out. Releasing with every out-breath and receiving with every in-breath.*
- *And then, when you're ready, opening the eyes, taking in the room, and bringing this practice to a close by moving the body in any way that is needed.*

*** You can do this slowly on your own or look up self-havening on YouTube.**

THE MINDFUL HOLIDAYS CHECK-IN CHART

Bringing mindful awareness to both the body and mind can give valuable information on how to best take care of yourself during the holidays. Developing a daily habit of tracking what is present for you can be informative when making decisions for your well-being.

To support and develop this healthy habit, the Centre is gifting you this daily Mindful Holidays Check-In Chart to cultivate awareness during the holidays. Take time each day for yourself by checking in and noting what is present for you. Then, with this awareness, make note of something positive you can do for yourself that day.

A gentle note: We all fall off of doing practices that are good for us, but just like when we are attending to our breath, we can always come back to the present moment, let go of judgement and bring our attention back to what serves us best. We invite you to take this to heart this holiday season. Try engaging in this mindful activity even when you don't feel like doing it. Or when you return to the chart after stopping for a period of time. You can refer to the visuals below to help you answer the daily prompts.



WEEK 1



DAILY PROMPT	DEC 10th	DEC 11th	DEC 12th	DEC 13th	DEC 14th	DEC 15th	DEC 16th
BODY - What am I feeling in the body? - What sensations are here?							
MIND - What emotions are present? - What thoughts are present?							
NEXT STEPS With this awareness I have cultivated, what is one thing I can do today that is positive for myself?							

WEEK 2

DAILY PROMPT	DEC 17th	DEC 18th	DEC 19th	DEC 20th	DEC 21st	DEC 22nd	DEC 23rd
BODY - What am I feeling in the body? - What sensations are here?							
MIND - What emotions are present? - What thoughts are present?							
NEXT STEPS With this awareness I have cultivated, what is one thing I can do today that is positive for myself?							



WEEK 3



DAILY PROMPT	DEC 24th	DEC 25th	DEC 26th	DEC 27th	DEC 28th	DEC 29th	DEC 30th
BODY - What am I feeling in the body? - What sensations are here?							
MIND - What emotions are present? - What thoughts are present?							
NEXT STEPS With this awareness I have cultivated, what is one thing I can do today that is positive for myself?							

WEEK 4

DAILY PROMPT	DEC 31st	JAN 1st	JAN 2nd	JAN 3rd	JAN 4th	JAN 5th	JAN 6th
BODY - What am I feeling in the body? - What sensations are here?							
MIND - What emotions are present? - What thoughts are present?							
NEXT STEPS With this awareness I have cultivated, what is one thing I can do today that is positive for myself?							

