

Mindfulness Exercises for Anxiety, Concern and Fear

Learn when to implement each practice depending on your emotional and psychological needs

First and foremost, regular practice is needed to benefit from the basic exercises provided.

Next, you can consciously work on anxiety with more targeted and specific practice by developing an individually practice plan.

In fact, once you have established a regular practice habit, in the moments or times when you feel most anxious, you can integrate and adapt your practice plan using more specific techniques, depending on the sensations you are experiencing.

Mindfulness practices

Body scan meditation

When:

To learn to tolerate strong physical sensations produced by anxiety and fear.

Meditation of the awareness of anxiety in the body

When:

When the symptoms of anxiety are prevalently physical and strong.

Thoughts are simply thoughts

When:

When we are seized by worry or when we are fear for the future.

Meditation of the mountain

When:

To cultivate stability, increase your ability to tolerate anxiety and fear and observe their transience. If it is not already part of your usual practice plan, don't wait to get agitated to use and practice this technique. Start when you feel relatively calm, so that you can turn to it more easily when you need it most.

Walking meditation

When:

If we are agitated, highly anxious and can't sit still.

Loving kindness meditation

When:

If you judge yourself or get cross with yourself because you are anxious.

Informal mindfulness practice

All informal practice, even in times of greater agitation help to focus attention onto the present sensory experience, distancing our mind from worrying about the future.

- Informal walking meditation
- Informal meditation of food
- Informal meditation during various daily activities (when taking a shower, when washing the dishes, when brushing your teeth etc.).

Informal Meditation Practices

Breathe

Take a moment. You can close your eyes or keep your eyes closed.

Slow down your thoughts by bringing awareness to your breath.

Take a deep breath in through your nose. Breathe deep into your belly, allowing it to expand with air. Exhale slowly, feeling your belly soften and relax. Do this several times. In through the nose and out through the mouth.

Observe your surroundings

Take a moment to slow down and become an observer. Allow your brain to stop ruminating on the past and worrying about the future.

What do you see? Notice sights, sounds, smells, colours, lights, vibrations. Is there anything that draws your focus more than anything else?

Feel your body

Your body needs to be in the present moment right now. How does the air feel against the skin on the back of your neck and hands? Feel where your clothes are loose and where they are snug on your body. Feel how contained you are in this form. Stretch your arms out to the side, in front of you, above you. Allow yourself to move and take up space with your body.