

# mindfulness



## Mindfulness Meditation (Let go of thought that cause anxiety)

Written by Chuck Hartman | From: *The Mister Chuck Channel*

<https://youtu.be/RSkIVPmWpQc> | <https://www.chuckhartman.com>

Sit quietly and take in a deep breath through your nose and release the breath through your mouth. Make sure you are taking deep breaths from your diaphragm. Your diaphragm is a muscle that rests at the base of the chest and separates the abdomen from the chest. When you breathe from your diaphragm, your stomach should push out when you breathe in and relax when you breathe out. If your shoulders rise and fall as you breathe in and out, then you are not breathing from your diaphragm. Make sure your stomach pushes out when you breathe in and relaxes when you breathe out—this is how you know you are breathing from your diaphragm.

Today, I want us to let go of thoughts that keep us from enjoying life and living to our full potential. Take a deep breath in through your nose and release it through your mouth. Let's do it again. Take a deep breath in through your nose, hold it for just a moment [PAUSE], now, release it through your mouth. Once more, take a deep breath in through your nose and release it through your mouth. Continue to breathe.

At this point, you may close your eyes if you wish. Now, what thoughts are you currently thinking? It's okay to think, but when we overthink or put too much emphasis on one idea, we can become stressed, and that's not okay. We do not have to let go of our thoughts if we do not wish to, but we can let go of the process of having too many ideas at once.

Take a deep breath in through your nose and release it through your mouth. Again, take a deep breath in through your nose and release it through your mouth. Once more, take a deep breath in through your nose and release it through your mouth. Continue to breathe.

If you are not already aware, become aware of the thoughts you are thinking. Which thoughts make you feel anxious? Which make you feel stressed? Which thoughts are just thoughts? Now, take a deep breath in through your nose and release it through your mouth. Again, take a deep breath in through your nose and release it through your mouth. Once more, take a deep breath in through your nose and release it through your mouth. Continue to breathe.

Now that you are aware of your thoughts, just sit and be aware—watch your thoughts, but do not react to your thoughts. Responding to your thoughts is often where stress and anxiety come. Do not worry about what you are going to eat or what you are going to wear. Do not stress over what your friends think or what you believe your friends think. Just be aware of your thoughts, but do not react to them. Take a deep breath in through your nose and release it through your mouth. Again, take a deep breath in through your nose and release it through your mouth. Once more, take a deep breath in through your nose and release it through your mouth. Continue to breathe.

© 2022 chuckhartman.com. Permission granted to copy for educational purposes.

# mindfulness



When you learn to not react to your many thoughts, it's a little easier to let go of the stress and anxiety that your thoughts might cause you when you respond to them. Just be aware that the thought is there, but remember, you choose if you give that thought power by reacting. If you don't respond, it cannot cause you to react. When you fail to act, you are letting go of the part that causes stress and anxiety. Take a deep breath in through your nose and release it through your mouth. Again, take a deep breath in through your nose and release it through your mouth. Once more, take a deep breath in through your nose and release it through your mouth. Continue to breathe.

You may open your eyes if they were closed. Remember, it is your choice to what you give power. You choose to be aware of your thoughts, and you decide to provide power to the ideas that make you a stronger, happier person.

I'll see you again soon for more mindfulness exercises.

## Explanation & Focus

This mindfulness exercise is designed to help the child learn to let go of thoughts that keep them from enjoying life and living to their full potential. Through deep breathing, the child will understand that they choose which thoughts to empower and which thoughts should be disregarded. This guided mindfulness exercise can help the child be aware of their thoughts and decide to provide power to the ideas that make them a more robust, happier person.