**Breathing**

Breathing is a common anchor used in mindfulness practices. Draw your awareness to your breath as it enters and exits your body. As you breathe deeper, observe how the breath flows into your lungs, causing the stomach to rise and fall. Keep a natural rhythm in a present moment. (In 4, hold 4, out 4, 4 times)

**Emotional Awareness**

Take a step away when emotions arise. Scan your body for any sensations that accompany your emotions. Relax shoulders. Notice the thoughts that accompany the emotion. Release the emotion before you are off into stories and judgements. Consciously allow compassion and experiencing feelings in a new way. Find a neutral relationship with your emotions.

**Senses Scanning**

- **Touch**: notice all areas touching a physical surface
- **Hearing**: listen to the sounds around you, include subtle vibrations that come and go
- **Smell**: notice the aromas in the air around you.
- **Taste**: observe the tastes in your mouth in the moment
- **See**: gently and slowly open your eyes to slits, then open all the way. See the environment around you

**Mindfulness toward Emotions**

1. Turn toward the emotion: understand and accept the emotion
2. Create space by identifying the emotion: treat the emotion as a separate entity and be compassionate and curious with an open heart
3. Feel any bodily sensations that are present: create a distance to strengthen your awareness of it and witness from a quiet peaceful place
4. Impermanence of emotions: Feelings, thoughts and sensations come and go

*Realize that you are not in fact your emotions; and through this realization you find strength to journey through the storms in your sails.*

**Anger Remedy**

- **Annoyance**
  - Patience
  - Open-mindedness
  - Concern for others

- **Frustration**
  - Let Go
  - Let Go of grasping at straws
  - Put things in a larger perspective
<table>
<thead>
<tr>
<th>Anger Remedy</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Argumentativeness</strong></td>
<td><strong>Exasperation</strong></td>
</tr>
<tr>
<td>o Make an effort to understand the other’s perspective</td>
<td>o Let Go</td>
</tr>
<tr>
<td>o Have compassion or empathy</td>
<td>o Find patience</td>
</tr>
<tr>
<td>o Be charitable and kind</td>
<td>o Seek your inner calm</td>
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<tr>
<td>o Find a mutually agreeable solution</td>
<td>o Understand causes and conditions of the situation</td>
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<thead>
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<tr>
<td><strong>Vengefulness</strong></td>
<td><strong>Fury</strong></td>
</tr>
<tr>
<td>o Contemplate negative effects if seeking revenge</td>
<td>o Take a break physically and mentally</td>
</tr>
<tr>
<td>o Break the cycle of resentment and hatred through finding forgiveness</td>
<td>o Gaze at your fury as a raging fire and slowly let it calm down</td>
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<thead>
<tr>
<th>Fear Remedy</th>
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<tbody>
<tr>
<td><strong>Nervousness</strong></td>
<td><strong>Anxiety</strong></td>
</tr>
<tr>
<td>o Try to ponder what can be done</td>
<td>o Make a special effort of letting go of one's cause of distress regarding the past and anticipations of the future</td>
</tr>
<tr>
<td>o Calm self to get the best chance to find appropriate solution to what caused nervousness in the first place</td>
<td>o Slow breathing</td>
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Fear Remedy

**Dread**
- Calm self through mindfulness of the emotion
- See what can be done for yourself and others as well

**Panic**
- Make an effort to see if anything can act as a mitigating factor or extenuating circumstance to lessen the panic impact (depends on the causes involved)

**Horror**
- Try acting immediately, to remedy the fear factor
- Create distance and then see if something can be done
- Respond with firmness and compassion

**Terror**
- Instill some calmness in the mind in order to make the most effective decision and action
Disgust Remedy

Dislike
- Impartially evaluate the degree of harmfulness to determine what triggered the dislike
- Find the best way to resolve

Self-Loathing
- Use healthy regret to improve oneself
- Avoid pessimistic guilt
- Don’t underestimate the potential for change
Sadness Remedy

_Disappointment_
- Understand that disappointment is natural in some circumstances
- Do not let yourself become overwhelmed
- In a place of peace, think of constructive things that could be done

_Distraught_
- Understand that a permanent state of sadness and despair will not bring any real benefit
- Find someone who will let you vent without judgement

_Discouraged_
- This will not remain long term
- Work through the feeling by seeing what can be done for yourself and others as well

_Helpless_
- This feeling will not remain if you can focus on what is making you feel helpless
- See what can be done for yourself by reaching out to others whose opinions you trust

_Grief_
- Understand that a permanent state of sadness will not bring any real benefit
- In the case of mourning someone, falling into long-term sadness and despair should not be seen as an homage to that person
- It is better to pay homage by doing meaningful and altruistic acts

_Anguish_
- Realize that things and people are impermanent by nature
- Revolting against this cannot lead to a fulfilled life
<table>
<thead>
<tr>
<th><strong>BEAM CARDS</strong></th>
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<tbody>
<tr>
<td>Be</td>
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<tr>
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<tr>
<td>Aware</td>
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