

Grounding Mindfulness

We can sometimes get a little 'caught up' in our minds, particularly when we're preparing for pregnancy, or experiencing pregnancy following loss. It can feel really difficult to focus on the 'here and now' when our minds have a habit of drifting back and re-living past experiences. And whilst we want to honour and remember our children who have passed, we do also want to be able to be present with our partners, and with this new experience of pregnancy & expecting a child.

In these moments using a technique called 'Mindfulness' can be super effective, and it's way less complicated or 'airy fairy' than it sounds!

Try this:

You can either do this sitting, feeling comfortable and having some 'time out' - or, have a go exactly where you are right now. The beauty of this is that you can do it anytime, anywhere. Eyes open at the office, or whilst you try and fall asleep.

Focus your attention on your breathing. Don't feel you need to breathe in any particular way. Just notice your breath coming IN and OUT. Notice the temperature of the air.

Next - whilst still remaining aware of the air coming in and out as you breathe... notice the rise and fall of your chest, or stomach as you breathe.

And whilst you stay aware of the air coming in and out... the rise and fall of your chest or stomach... also now become aware of your heart beat. Focus in and try and see if you can become aware of the beating of your heart.

Keep going around in this circle... Air in and out, Rise and fall of chest, beating of heart.

You'll soon find that your thoughts are able to quieten when you focus on these 3 physical sensations. Giving your mind a 'rest and reset' whenever you need it.

