

Becoming quiet before you act

Welcome to the RelationKit mindfulness series. This is a practice to help calm to down, and to become quiet before you act, when you've been gripped by a strong emotion, like anger, frustration or even rage. Remembering if you get caught up in the drama of it all, you can lose sight of what's really going on or what really needs to happen to make things better.

So stand or sit for a moment and begin to take some easy breaths in through your nostrils and out through your mouth, pursing your lips to slow your out-breaths down. Take a good few breaths in this way, knowing that just by slowing your out-breath down you are starting to calm yourself down in every way, physically as well as emotionally.

Now let your breath find its natural rhythm now, as you watch your breath flowing in and flowing out; not changing it, just watching it. Stay with your breath.

Now taking your attention inwards a little more and begin to get a sense of how you are in really feeling in this moment. Try to name how you're feeling. Are you fired up? Is your blood boiling? Do you feel like lashing out, or screaming or shouting? Is it anger that is there? Or rage? Or are you feeling hurt in this moment? You are just noticing what is alive in you right now. You don't judge yourself here for feeling like this; you are opening up to how you are in this moment. Does it have a colour at all? Are you feeling it in a specific place or in a special way? Does this feeling seem noisy or kind of messy, chaotic, or out of control? You are noticing what is going on for you right now.

Now let's start to breathe with those feelings. See if you can send the breath to where it feels busy or noisy in your body, so that the breath can calm, quieten and even melt those feelings a little.

Just by noticing and really accepting those feelings inside as they are, breathing with them, it can begin to change the way you feel in the next moment and then in the next moment.

Can you notice any change? Is there more freedom, space or ease around those feelings now? Maybe a softening there? Less chaotic thoughts maybe?

Are they becoming quieter? Are you a little quieter now? And if not, don't judge yourself - just keep on breathing with whatever is there for you, until you get a feel of this softening and quietness inside. Be patient with yourself as you continue to breathe.

Let whatever is there to flow through you now, breathing in calm and breathing out calm. Keeping a quietness to yourself now.

So you're not so stirred or shaken up now with the feeling or emotion. You feel more put back together.

Be with your breath for a few more moments. And just when you feel ready, letting your practice come to a natural end, and gently blink your eyes open if they've been closed.

When we take time out and sit with the energy of mindfulness, breathing and creating some space in our body and minds, we can respond to the moment in a much calmer and more useful way.

Take care of yourself. See you next time.