



MEGAN B. BARTLEY

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Hello! And welcome!

Here are Five Easy and Practical Ways to Calm Your Over-Active Mind and Increase Peace and Mindfulness!

1) Focus on your 5 Senses.

- a. Take a minute or two, wherever you are, to focus on each sense and be as descriptive as possible. Naming and noticing while not judging (they aren't good or bad; right or wrong; they just are)
 - i. Sight: What are you seeing, colors, textures, name the objects, just notice.
 - ii. Smell: What are the smells around you? Do you smell the grass, flowers, stale office furniture, someone's lunch, your deodorant or shampoo? Again, use your adjectives: pungent, sour, sweet, stale, fresh, etc.
 - iii. Taste: What are you tasting? Toothpaste? Coffee? Breath mint? Be descriptive: Minty, tangy, sweet, bitter, etc.
 - iv. Touch: What does it feel like in the chair you're sitting in or on the floor/ground you're standing on? Is there a breeze? Warm sun on your face? What do the clothes feel like on your skin? Tight, loose, itchy, soft, cozy, etc.
 - v. Hearing: What are you hearing inside this space (room, car, etc)? What are you hearing outside of this space (next room, outside, down the street)?

2) **Know what you have control over and what you don't have control over.** The easy answer is: You only have control over yourself. Your thoughts, feelings, and behaviors. Even if sometimes it feels like you don't, you can learn how to do this. What you don't have control over is anyone else – what they do, what they say, how they think, how they feel.

3) **Notice your critical voice.** We speak to ourselves, in our mind, with many different voices. Sometimes we're very parental with ourselves and sometimes we're free and playful. Other times we can be very critical. If you have any sort of perfectionistic tendencies or are a bit Type-A, this may really resonate. When we begin to just notice (no need to try to change it) when we are speaking to ourselves critically we inherently change it. Just the sheer act of paying attention and noticing (without judgement – it's not good or bad or right or wrong) has the ability to change the issue at hand. And remember, don't be critical of yourself being critical – just notice it for what it is and move on!

4) Do a routine task differently.

- a. If you have "your spot" at the kitchen or dining room table, move to another spot at each meal.
- b. If you have a morning routine in the bathroom, change it up. Brush your teeth first, then take a shower, then floss your teeth.
- c. Soap up differently.



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Remember, there is no right or wrong or good or bad and we aren't going for efficiency right now. We're going for a change of perspective as well as flexibility of thinking and doing which will help you change other, bigger, things if you want to! You're building new neural pathways in your brain! Congrats!

- 5) **Count your breathing.** Count to 4 or 5 or 6 on each inhale and exhale for the same number. It doesn't matter what number - 4, or 5, or 6 – one's not better than another, just do what feels best for you. Counting in and out for the same number is very balancing. As you do this breathing work, notice the break in breath at the top of the breath and at the bottom for the breath – where it feels like the breath is suspended for just a moment.

I hope these insights are helpful! Let me know if I can be of assistance in the future! Scheduling an appointment is a breeze with my online scheduling software. Just visit my website to schedule!

With Gratitude,

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