

COAL: A Mindfulness Practice for Cultivating Loving-Kindness

Daniel J. Siegel, M.D. uses the acronym COAL to describe mindful awareness and to make it easier to remind ourselves of the qualities that characterize it.

Curiosity

Inquiring without being judgmental

Openness

Having the freedom to experience what is occurring as simply the truth, without judgments

Aceptance

Taking as a given the reality of and the need to be precisely where you are

Love

Being kind, compassionate, and empathetic to others and to yourself



@drjoetatta

MOVE: A Mindfulness Practice For Cultivating Acceptance and Valued-living

You don't have to suffer, live in fear or
miss out on all that life has to offer.

Make room
for unpleasant sensations

Open-up and observe
non-judgmentally

Values guide life,
not pain

Engage in activities
inline with your values



PEACE: A Mindfulness Practice for Intentional Living

PEACE is a meditation practice acronym that helps you stay in the present moment.



Pause

When you realize that things are difficult, pause.

Exhale

When you exhale you may want to let out a sigh, or a groan, or even weep. And after you exhale you want to...? Inhale. Just keep breathing.

Acknowledge, Accept, Allow

As you continue to breathe, acknowledge the situation as it is.

Choose

When you are ready, choose how you will respond.

Engage

After you have paused, exhaled, allowed, and chosen your response, you are ready to engage with people, the situation, with life.

RAIN: A Mindfulness Practice for Welcoming Emotions

This four-step practice created by Sharon Salzberg helps you recognize your emotions so you can respond, not react, to challenging situations.



Recognize

You can't figure out how to deal with an emotion unless you recognize that you're experiencing it.

Acceptance

We tend to resist or deny certain feelings, particularly if they're unpleasant. But in our meditation practice, we're open to whatever arises.

Investigate

Instead of running away from the emotion, we move closer to it.

Not Identifying with Emotion

Instead of confusing a temporary state with your total self, you come to see that your emotions arise, last a while, then disappear.



SIFT: A Mindfulness Practice for Welcoming Bodily Sensations

This is a great technique for people to learn to scan their body and get acquainted with their subjective experience; pleasant, unpleasant and neutral.



Sensations

Paying attention to sensations help ground us in our present experience. Tuning into the sensation allows one to notice, address and speak to the feeling underneath.

Images

When you are tuned in and noticing your experience without judging, often you open yourself up to a world of images. When we can notice and then describe these images well, we add richness to our experience and communication of this experience to others.

Feelings

Simply state the feeling without evaluating it.

Thoughts

Observing thoughts helps us see that we are operating from a certain set of beliefs about how we think things should be.

STOP: A Mindfulness Practice for Anchoring to the Present Moment



Stop

Whatever you're doing, just pause momentarily. If you're moving, stop moving. If your mind is racing, tell yourself to stop.

Take a breath

Pause. Reconnect with your breath. The breath is an anchor to the present moment.

Observe

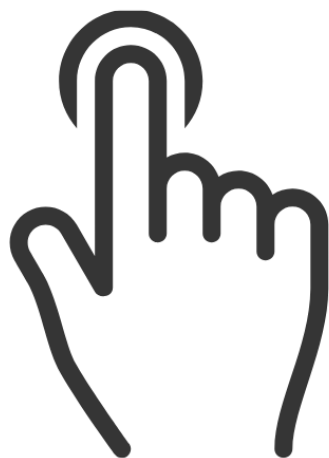
Notice what is happening. What is happening inside you, and outside of you?

Proceed

Continue doing what you were doing. Once you've paused and checked in with yourself, proceed with a next step.

TAP: A Mindfulness Practice for Managing Stressful Thoughts

This technique is useful when working with people who struggle with pain-related anxiety or pain catastrophizing.



Take a breath.

Acknowledge thoughts.

**Proceed with
meaningful activity.**