



MINDFULLY RETURN TO CALM

Mindfully returning to a calm state is useful *after* conflict. However, truly mindful folks can use it *during* conflict and de-escalate a heated conversation early. It's all about awareness of our emotions and being mindful of our key values such as patience, integrity, flexibility, respect & understanding.

1. File this exercise away in your memory—for mindful retrieval and activation next time you are sensing conflict building or if need be, after conflict.
2. Notice the triggers during conflict. Identify the feelings and sensations you experience as conflict is arising. Remember to be mindful and choose differently.
3. Focus on the breath to provide space and cognitively choose to follow the process to mindfully return to calm.
4. Continue your breathing to remain grounded and take time out from the conversation. Sit and imagine sitting in a calm forest upon a hill overlooking a peaceful village.
5. As you sit peacefully there is barely a sound. Enjoy the peace and quiet for two to six minutes. Mindful of breath. Mindful of your surrounds. Mindful of the village below. Mindfully meditate in this space.
6. Returning to calm, ask yourself “What do I need right now?” What values will help me at this time? Reflect on your answers and choose your response maturely.
7. Next, consider what your partner needs? How can you honour and support them during this time?