

## ***In The Meantime***

Team Mindfulness Moment 7/14/2022

*By Shawna Hall*

Settle yourself in your chair and close your eyes. There is work to be done, but first, we must tend to ourselves and B – R – E – A – T – H – E.

Breathe in slowly, . . . deliberately. As you feel your lungs expand, allow your breath to fill you. Notice the wholeness in the rhythm of breathing in ... and ... out

This wholeness is within you, a wholeness you can return to anytime you need it. The rhythm of breath is inside, a life-giving rhythm we don't have to earn or work for. It just is. It's a gift that comes with being. It's a wholeness you can trust. Settle into the idea of wholeness as your breath travels in through your nose and out through your mouth.

Safety can never be guaranteed, but you are welcome here, welcome in this space, welcome in your body with the rhythm of your breathing.

Let go of any tension wherever you are feeling it. In your head, neck, shoulders, arms, hands fingers, even your fingernails. Tension can compact itself into the tiniest nooks and crannies! Continue to scan through your body for places needing life, air, and fresh oxygen.

Meanwhile, invite any critical, nagging voices in your head to curl up and take a nap. Everything undone, yet to be done, will get done ... or not. The world will go round. Everything will be okay. Sometimes it's not but eventually it will be.

In the meantime, we are a team. There is a wealth of generosity, ability, talent, creativity, empathy, vision, organization, grit, and good humor here. Plenty for the much work to be done.

Work we do together.