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## Greenest Day 17

Today was a very long and stressful day in my life, and these mindfulness practices helped my to get through the day without giving up. I had three tests today, an orchestra concert, and an essay due at midnight. Throughout the day, I was very grouchy, nervous, and exhausted. This led to me not being very patient with people and feeling like I needed to control every situation. About half way through the day, I realized how bad of a mood I was in and how I had a terrible headache.

To confront this, I went back to the article and the infographic to see what practices could help. I opted for a few. I began with my breathing. I hadn't paid much attention to how I was breathing at all, and now looking back on it, I was taking short surface level breaths. I knew that I had to change this. Sitting on the ground in a quiet room, I closed my eyes, sat still, and took a deep breath from my diaphragm. A feeling of relief washed over me. My shoulders dropped. I felt as though the weight of the world had been taken off of me. The rhythm of my breaths felt like a heartbeat all through my body. I was calm, my head didn't hurt as much, and I melted into the feeling of comfort.

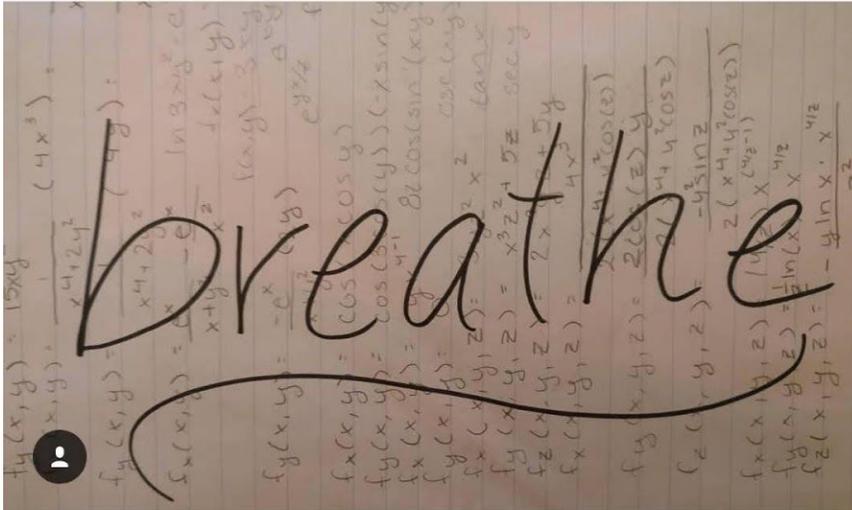
Before this, I had also tried a different practice that helped for a shorter period of time. I walk a lot, whether it is to and from school to walking to my cello lessons at the music school. Today, I made an effort to find a rhythm with my steps and feel the contact between the ground and my feet. I subconsciously do this sometimes, but really focusing on it was somehow different. I was able to regulate my breathing with my steps, I was able to let go of my worries for a few moments, and I was able to feel connected to the world, and not just caught up in my own world of stress. There were, however, a few external barriers that impede me from having a truly effective mindfulness session in the form of other people walking on the sidewalk. Sometimes, I had to interrupt my rhythm to get by someone or to let someone by, but I was still able to get a few moments of mindfulness practice in through walking.

I preferred the breathing technique, as it worked better for relieving me of my stress. That is not to say that the walking practice is not as good or better for others, I am more saying that it didn't work as well for me today, as there were many people walking the same path as me.

← Photo



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laraprojectgreen PGC Day 17: I get so caught up in deadlines and rules and standards that I often forget to take time to breathe. Not just shallow breathing that comes without thinking, but true, powerful breathing that makes you feel 100 lbs lighter. Here is your daily reminder: take care of yourself, be mindful, and breathe

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17 SECONDS AGO

