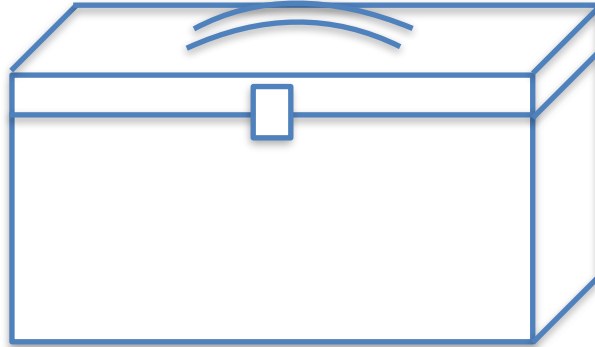


Help is a Breath Away: Cultivating Peace in a Mad World
Olin Levitt, Ph.D.



Foundational Tools

1. Eat
2. Sleep
3. Sweat

Morning Tools <https://www.youtube.com/watch?v=Ac08kMK-dyI&=t=20s>

1. Knocking on the Door of Life
2. The Tiger
3. Qi Massage
4. Buddha Holding Up the Earth
5. Embrace the Tiger – Return to the Mountain
6. Centering
7. Belly Breathing

Work Station Tools: Qi Breaks/Chair Yoga

Evening Tools <https://www.youtube.com/watch?v=ybffyTvgTzA>

1. Spinal Cord Breathing
2. Water Waves
3. Spreading the Feathers
4. Bear Swimming in the Ocean
5. Flying
6. Pulling Down the Heavens
7. Belly Breathing

Mindfulness Tools - Cultivating the “I”

1. Sitting Meditation
2. The Mindful Attitude

Stress-in-the-Moment Tools (ABC)

<i>Awareness</i>	<i>Breath</i>	<i>Choice</i>
“I see/feel	1. Mindful Breath	Wisdom
- anger	2. Cleansing Breath	Growth
- sadness	3. Triangle Breathing	Freedom
- fear	4. 4-Square Breathing	(Viktor Frankl)
- stress	5. Mantra Breath	
in me.”	6. Candle Breath	

Stress Clearing Tools

1. Sigh Breath
2. Breath of Joy
3. Three-Minute Breathing Space

<https://www.mindful.org/the-three-minute-breathing-space-practice/>