

## **Self-Leadership Resources**

**Recommended by Terry Charlton**

**“It’s a Thought” meditation to slow down and increase detached observation of thinking.**

- Sit comfortably.
- Two feet on ground or cross legged on floor
- Take a few deep breaths.
- Begin to observe your thoughts and sensations, within yourself and from outside.
- Label each one separately by saying to yourself: “It’s a thought.” “It’s a thought.”
- Do this for 1 to 3 minutes.
- If you find yourself thinking a story again, simply bring yourself back to: “It’s a thought.”

## **Mindful Self Compassion**

- This practice and website help to cultivate self-patience and kindness. It does this by normalizing our feelings and experiences.
- The website has many tools. I particularly like: Loving Kindness Meditation
- You can do this meditation seated comfortably for 2-3 minutes.

[www.centerformsc.org](http://www.centerformsc.org)

## **Alternate Nostril Breathing**

- A yoga breath practice that is highly effective in creating calmness and peace within
- There are many sources for how to learn this practice if you google it. There are YouTube videos.
- Do it for one minute at first and gradually increase to 3 minutes. It works wonders.

## **Grief**

- One of the better books on Grief is by David Kessler called
- The Sixth Stage of Grief: Finding Meaning